

**FORECAST: FEWER LAYERS WITH A
100% CHANCE OF UMBRELLA DRINKS.**



NYC'S #1 FREE DAILY NEWSPAPER

CHRISTOPHER OWENS ON KISSING GIRLS GOODBYE {page 15}



metro®



Max 32°
Min 23°

NEW YORK
Monday, January 21, 2013

MADE TO MARRY

► Girls in New York City forced into marriage ► Relationships sometimes turn violent ► Teens struggle to push back {page 02}

television



Kevin Bacon is ready for prime time

► The actor is 'Following' in the footsteps of his wife and moving to TV {page 14}

sports

Knicks host Nets in MLK Day matinee

► City teams meet for final time this season in crucial matchup {page 20}



College with a personal touch

Walk through our doors-you'll be so much more than just a number! NYSCAS-where students get the personal guidance they need for success in college.

NYSCAS

Touro College is an equal opportunity institution

New York School of Career and Applied Studies
a division of TOURO COLLEGE

212.463.0400 x5500 718.265.6534 x1003

Manhattan Brooklyn Queens

INFORMATION SESSIONS:

Manhattan: Wednesdays, 12 noon-5 pm

27-33 West 23rd Street, Admissions Office

Brooklyn: Wednesdays, 11 am-7 pm

1870 Stillwell Avenue, Admissions Office

www.touro.edu/nyscas



1

In the news

Drunk man's leg severed by E train

QUEENS. A 26-year-old man from Elizabeth, N.J., lost his leg when he laid down to sleep under the platform at the 65th and Broadway E train station in Queens at 4:41 a.m. on Sunday. The man was tucked between the tracks and the platform, but one of his legs was sticking out and was severed by an oncoming train. The man was brought to Elmhurst Hospital, "not likely to survive," according to police. **● METRO/DT**

In the news

**MLK Day festivities in New York**

A number of events are being held to honor the civil rights leader. BAM will host its 27th annual tribute to Martin Luther King Jr. with an address from singer Harry Belafonte and a simulcast of the inauguration. The New-York Historical Society will display photos of MLK murals, and the Harlem Gospel Choir will sing at the B.B. King Blues Club & Grill. **● METRO**

Wedlocked in NYC

► Girls in New York City forced into marriage ► Experts say girls are wedded to men they barely know ► Forced marriages sometimes turn violent ► Young women struggle to push back



► The Tahirih Justice Center claims that there were 300 reported forced marriage cases in New York. Many of the women are teenagers and come from South Asian countries as well as part of Africa and the Middle East.

GETTY IMAGES

They are giggling high school students studying for college entrance exams — but their real-life puzzle is how to avoid marrying men they hardly know.

Some young women in New York are being forced by their families into abusive marriages that are nearly impossible to escape, one Bronx advocacy group says.

According to a new report by Sauti Yetu, the center for African women in the Bronx, dozens of teenagers are forced into arranged marriages with men whom they don't want to marry.

"[This is] the tip of the

Physical and emotional threats

Families threaten beatings or kidnappings and even death, Heiman said. Others face emotional manipulation. "We've seen cases

where a mother threatens to kill herself," she said or threatens to marry off the younger sister.

"Another coercive tactic is being disowned from the family," she said. "That can be a huge weight."

● METRO/AB

Quoted

"People think that this is something that only happens overseas."

HEATHER HEIMAN

iceberg," said Heather Heiman at the Virginia-based Tahirih Justice Center, which helps immigrant girls escape violence.

A 2011 Tahirih Justice Center study claimed there were 300 reported forced marriage cases in New York — 10 percent of the

national total, she said.

Sauti Yetu interviewed 30 young women, ages 15 to 21, who struggled to push back from families that expected them to marry young.

"African girls get married," one 17-year-old said. "We have to get married when we're young."

One girl, married at 15 to an older man, was told by her family to tell school officials he was an uncle "or we would go to jail."

Fraidy Reiss knows their stories all too well.

She, too, was in a forced marriage — arranged in Brooklyn by her ultra Orthodox Jewish family.



Escaping, then helping others

Reiss, raised in an ultra Orthodox Jewish family in Brooklyn's Kensington neighborhood, said her family arranged her marriage through a matchmaker. She was married at 19, about three months after their first meeting. Her husband was abusive, she said, and when she tried to leave, her family shunned her. "I was afraid for my life," she said. Eventually she obtained a separation at age 32. "By the time you realize you want to leave, most women by then are at least in their mid-20s, if not older, and already have five or six children and no way to support themselves and their kids," she said.

● METRO/AB

"When I tell people my story, they say, 'Oh, where are you from, Iran?' And I say, 'No, I'm from Brooklyn,'" she said.

The New Jersey group she founded, Unchained at Last, has helped 40 women leave forced marriages.

Clients are from Orthodox Jewish, Muslim, South Asian and African communities, she said.

Every story is different. Some are teens, raised here. Others are women brought to the U.S., married off and treated "as slaves," Reiss said.

Alison Bowen
alison.bowen@metro.us

In the news

Local kids' chorus goes to inauguration

WASHINGTON, D.C. Staten Island's P.S. 22 middle school chorus will perform at the inauguration today in D.C., CBS reported. The fifth-graders have previously performed at the Oscars and the White House Christmas tree lighting, and with vari-



► P.S. 22's middle chorus will perform at the inauguration.

GETTY IMAGES

ous pop stars. They will sing "God Bless the USA," "Home," "On Top of the World" and "One Dream."

● METRO/DT

Transit changes for MLK Day

NEW YORK. Subways and the Staten Island Railway will run on a regular weekday schedule, though wait times may be longer than usual. There is no special Get Away service on the Staten Island Railway. Buses will also run normally, except there will

be no limited-stop service on the following 12 routes in Staten Island and Queens: S81, S84, S86, S90, S91, S92, S94, S96, S98, Q6, Q25 and Q65.

The Long Island Rail Road will run on a holiday schedule with 38 additional trains on various lines and Metro-North will operate on a Saturday schedule with 36 additional trains on the Harlem, Hudson and New Haven Lines as indicated on timetables. Off-peak fares apply all day for LIRR and Metro-North. **● METRO/DT**

The Knee Pain Relief Center of N.Y. at General 1 Medical P.C.

"NYC's #1 Choice for Non-Surgical Osteo-Arthritis Knee Pain Relief."



According to the American Academy of Orthopaedic Surgeons (AAOS), there are about 270,000 knee replacement operations performed each year in the United States. This image depicts the procedure.

Want to avoid knee surgery?

Our program could be the solution you are looking for.

Do your knees hurt when going up or down the stairs?

Do you frequently take medication for knee pain?

Have you tried physical therapy?

Do the activities you enjoy cause pain in your knees?

Have you had cortisone or other injections to the knee that have not worked?

Do your knees make you feel older than you really are?

Are you afraid that your knee pain is only going to get worse?

If you answered YES to any of these questions, keep reading...

Why do knee injections often fail? What's different about our procedure?

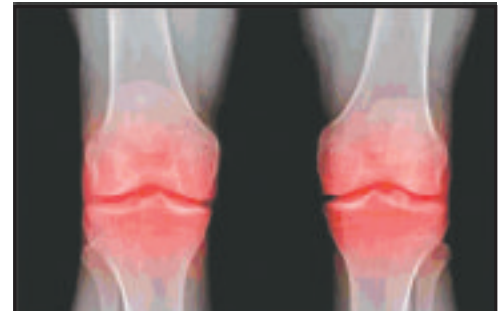
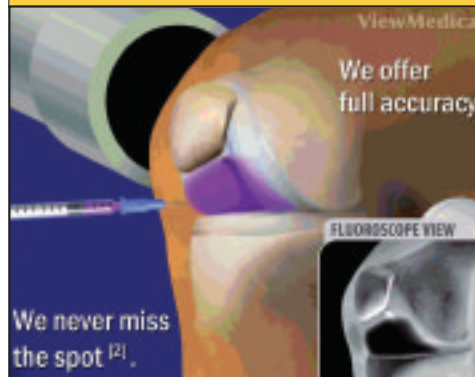
Most doctors today do one of three things:

- 1) They perform "blind injections" (an injection done without imaging guidance).
- 2) They use antiquated equipment from as far back as 2001, even in some of the largest hospitals in New York.
- 3) They use Cortisone, which can have side effects.

Precision is the difference.

FACT: 30-40% of blind injections result in needle misplacement.

^[1]With this much inaccuracy, **it's no wonder most people never find relief.**



**Our solution...
Our office uses Hyalgan®**

What exactly is injected into the knee?

Hyaluronic acid (Hyalgan®) is a natural substance extracted from rooster combs and purified to mimic the lubricating substances that occur naturally in the joint, called synovial fluid. In patients with osteoarthritis, synovial fluid "dries up", allowing the cartilage of the joint to rub against itself and other surfaces. This causes pain, inflammation, and usually damage to the joint. Think of this treatment like oiling a rigid, squeaky door hinge.

When will I feel results?

Most feel an immediate reduction in pain and can return to normal activities in weeks.

Will my insurance cover this treatment?

Yes, most insurances will cover this treatment. We work with*:



- Empire Plan/UHC • Oxford/UHC
- Empire BC/BS PPO • GHI PPO • NYSHIP

Medicare Part B: • AARP

Affordable payment plans available to fit all budgets. Call our office for free insurance benefits verification.

Unfortunately, we do not participate with Medicaid, Workers Comp, no-fault insurance, Emblem PPO, HIP, EPO or HMO plans.

* Coinsurance and deductible apply.

[1] Reference - Epidural steroid injections procedures. Medscape reference retrieved July 26th 2011. [2] Results may vary. Prior results cannot guarantee future outcomes. Copyright © 2012 NY Wellness Solutions, Inc.

212-679-6490

To view videos about our procedures visit:

Kneesofny.com

Accessible by: 1 2 3 4 5 6 A C E J Z

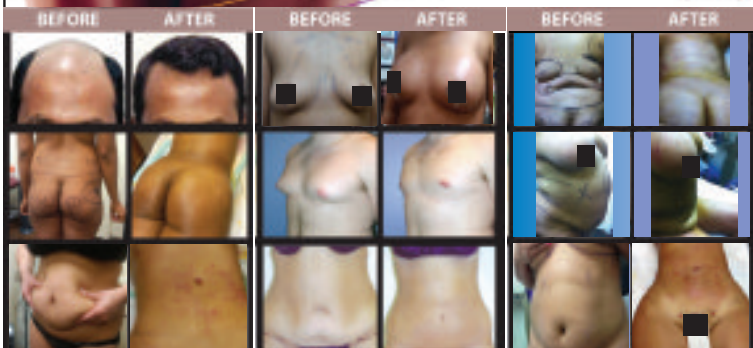
130 William St., Ste. 903, btw Fulton & John St. - NYC 10038

We Create Smiles
Samer Chahine DMD. CAGS
 Cosmetics and Implants Dentistry • 1 West 34th St., Suite 402,
 New York, NY 10001 • **212.268.0600** • Most insurance accepted

VISIT BBLDOC.COM
To See Our Amazing Before and After Pictures of Brazilian Butt Lifts.
 For your comfort and safety all procedures at our facilities are performed
 "awake" under local anesthesia. Accredited surgical facility & hospital available if needed.

• Botox® • Juvederm®
 • Restylane • Radiesse

- HAIR TRANSPLANT
- JUVEDERM
- PEELS
- MICRODERMABRASION
- RESTYLANE
- ACNE & SCAR (LASER)
- BLEPHAROPLASTY (EYE-TIGHTENING)
- NECK/JOWLS (SMARTLIPOL)
- RHINOPLASTY
- BOTOX
- BREAST (AUGMENTATION)
- FLANKS (SMARTLIPOL)
- ABS (SMARTLIPOL)
- TATTOO REMOVAL (LASER)
- LOVE HANDLES (SMARTLIPOL)
- BRAZILIAN BUTT LIFT
- LASER HAIR REMOVAL
- Vaginal Rejuvenation
- CELLULITE (ENDERMOLOGIE VELASHAPE)
- THIGHS (SMARTLIPOL)
- VARICOSE & SPIDER VEIN (LASER)



We specialize in curves and buttocks enhancements

New York Laser Lipo Surgical & Non-Surgical Cosmetic Enhancement for Men & Women

(212) 695-1999 **(718) 745-7172**
 1 West 34th St. • Ste. 402, NYC 334 86th St. • BKLN, NY 11209

www.nybeautysurgeon.com • SE HABLA ESPANOL
Financing Options Available Insurance not accepted

Hundreds attend memorial for Internet activist

Supporters of Aaron Swartz, the 26-year-old Internet activist who committed suicide, gathered in New York to remember the prodigy, with some calling for changes in the criminal justice system they blame for his death.

Swartz created an early version of the Web feed system RSS and believed academic research and other information should be freely available to all. He was found dead a week ago in his Brooklyn apartment.



"He told me about the 4.5 million downloads of scholarly articles, and my first thought was, 'Why isn't MIT celebrating this?'"

TUFTE

computer networks to steal more than 4 million articles from JSTOR, an on-line archive service.

Swartz, who had also worked on the website Reddit, had faced up to 31 years in prison and fines of \$1 million.

"He told me about the 4.5 million downloads of scholarly articles, and my first thought was, 'Why isn't MIT celebrating this?'" Edward Tufte, a professor of computer science at Yale University said.

Many speakers said he was most intellectually curious person they had known and called on those in attendance to continue his work of widening the public's access to information. **REUTERS**

News in brief

City pays couple arrested for subway dancing

\$75K
 The couple received \$75,000 from the city in the settlement.

Manhattan. The city paid \$75,000 in a settlement to a couple who claimed they were wrongfully arrested and held in custody for 23 hours for dancing on a subway platform.

Gothamist reported. Caroline Stern, a 55-year-old dentist, and boyfriend George Hess were on their way home from Lincoln Center's Midsummer Night's Swing in July 2011 and started doing the Charleston on the Columbus Circle. Stern did not have photo ID, only a credit card with her photo and signature, and when Hess tried to film the encounter, he was allegedly tackled to the ground and they were both handcuffed. **● METRO/DT**

News. Guns

▶ Gun enthusiasts flooded Albany to protest proposed gun regulation laws.

SCOTT OLSON/GETTY IMAGES

Thousands of gun owners flooded the state capitol on Saturday in a demonstration against Governor Cuomo's rapid passage of strict gun regulations last week. The rally was one of 49 nationwide, part of the National Rifle Association's declaration of Jan. 19 as National Gun Appreciation Day, and it was sponsored by a group called Guns Across America. **● METRO/DT**

News in brief

Cabbie killed in Kip's Bay auto crash

A cab driver died early Sunday in Kips Bay, Manhattan, after an SUV slammed into his double-parked taxi.

Police said Mir Hoosain, 35, was standing in front of his vehicle on E. 26th Street around 2 a.m. when a Nissan Pathfinder plowed into it from behind, causing it to lurch forward and strike him.

Emergency responders pronounced him dead at the scene. A 43-year-old man sitting in a nearby parked car was also injured in the accident. **● METRO/JG**

Hometown. Hero



► Sonia Sotomayor autographs her new memoir at the El Museo del Barrio on Saturday.

WILLIAM ALATRISTE

Supreme reading at El Museo del Barrio

Supreme Court Justice Sonia Sotomayor autographs copies of her memoir, "My Beloved World," on Saturday afternoon at El Museo del Barrio in Spanish Harlem. The Justice was raised in the Bronx. ● METRO

In the news



Queens high school student still missing

The NYPD is searching for a missing high school student last seen leaving her Queens residence for school on Friday morning.

Noshin Hossain, 15, who attends Forest Hills High School, was described by police as 5-foot-2 and 103 pounds. She was wearing blue jeans, a blue wool jacket and brown boots at the

time of her disappearance.

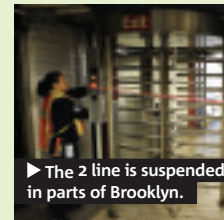
Anyone with more information should call 800-577-TIPS. ● METRO/JG

Fake repairmen rob elderly in the Bronx

BRONX. Police are looking for two men in their 30s who have been posing as repairmen to rob elderly people in the Bronx.

They committed three robberies on Jan. 9 and 10, with victims ranging in age from 71 to 89 years old.

The suspects made off with cash and jewelry, but none of the victims were injured. The suspects did not show ID and were not in uniform. ● METRO/DT



► The 2 line is suspended in parts of Brooklyn.

Overnight service on the 2 line suspended

BROOKLYN. Service on the 2 between Franklin Avenue and Flatbush Avenue-Brooklyn College will be suspended overnight this week while repairs are made as part of the MTA's FASTRACK program. The MTA recommends using the fare-free B44 Limited bus south on Nostrand and north on New York Avenue. That bus will make Limited bus stops only, not subway station stops. The MTA also suggests using the Q at nearby stations. Regular overnight service will resume Friday night.

● METRO/DT

Recruitment of Native-speaking English Teachers (NETs) for Primary and Secondary Schools in Hong Kong

The Education Bureau of the Hong Kong Special Administrative Region cordially invites you to apply for the NET positions in public-sector primary and secondary schools in Hong Kong.

ROLE

NETs are required to teach English as a second language to Hong Kong students and assist in teacher and curriculum development in public-sector primary schools (for students aged between 6 and 12), secondary schools (for students aged between 12 and 18) and schools for students with Special Educational Needs (SEN).

QUALIFICATIONS FOR APPOINTMENT

Applicants should be native-speakers of English or possess native-speaker English competence. ^{Note 1}

Preference will be given to applicants with experience in teaching English as a second/foreign language.

Priority will be given to applicants who possess the following:

(A) For secondary school NETs

- (i) A bachelor's degree in English Language or English Literature or English Studies or Linguistics** or a Modern Language** OR a Bachelor in Education degree (major in English or a Modern Language**, but not primary education specialist) from a Hong Kong university or equivalent;
- (ii) A Post-graduate Diploma in Education (PGDE) majoring in English or equivalent;
- (iii) A Teaching of English as a Foreign Language or a Second Language (TEFL/TESL) qualification at least at the diploma level, or equivalent; and
- (iv) At least 1 year's post-graduate experience of teaching English (preferably as a second or foreign language) at secondary school level or above.

(B) For primary school NETs

- (i) A bachelor's degree in English (i.e. majoring in English Language or English Literature or English Studies or Linguistics** or a Modern Language**) from a Hong Kong university or equivalent;
- (ii) A recognised teacher training qualification in primary education; and
- (iii) A TEFL/TESL qualification at least at certificate level, or an equivalent course of study recognised by EDB (e.g. a Post-graduate Diploma in Education majoring in English).

Consideration will also be given to candidates not fully meeting the above requirements. Please visit the EDB's website: <http://www.edb.gov.hk/index.aspx?nodeID=262&langno=1> for the other categories of qualification requirements for appointment to the NET position.

** A degree in Linguistics or Modern Languages should be one in which English is the major language studied.

For appointment in schools for students with SEN, preference will be given to candidates who have special education training and/or experience in teaching students with SEN.

TERMS AND CONDITIONS OF APPOINTMENT

- ▲ The appointment will be on a two-year contract basis normally from 16 August 2013 to 15 August 2015, subject to renewal after expiry.
- ▲ The salary scales are:
 - (a) **For secondary school NETs** – from around HK\$23,530 to HK\$54,665 (approx. USD3,017 to USD7,008) per month (12 months a year).
 - (b) **For primary school NETs** – from around HK\$22,405 to HK\$45,505 (approx. USD2,872 to USD5,834) per month (12 months a year).
- ▲ An end-of-contract gratuity together with the employer's contribution to the Mandatory Provident Fund (MPF) that equals to 15% of the total basic salary drawn during the period of the Contract may be granted subject to the employing school's recommendation.
- ▲ Subject to the employing school's recommendation, a cash retention incentive equals to 5% OR 10 % of basic salary may be provided to eligible NETs for the satisfactory completion of the third and fourth year OR the fifth year of continuous service onwards in Hong Kong respectively. The incentive is not payable for the first two years' of continuous service.
- ▲ Passage, baggage and medical allowances AND a special allowance of HK\$16,859 (approx. USD2,161) per month are provided for appointees whose normal place of residence is outside Hong Kong. (A NET will not be eligible for the special allowance if his/her spouse is currently receiving the same allowance or any housing benefit from his/her own employer.)
- ▲ The salary, the terms and conditions of service to be offered are subject to the candidate's qualifications and post-qualification teaching experience and the prevailing conditions at the time the offer of appointment is made.

APPLICATION

Applicants applying for both the primary and secondary school NET positions should complete separate standard application forms. Online applications are available at <http://www.teachaway.com/teaching-public-schools-hong-kong>. Completed applications should reach Teachaway on or before March 1, 2013.

For further information, please contact either

Teachaway: 1-855-1-TEACHAWAY, 1-416-628-1386 email info@teachaway.com or Education Bureau Hong Kong : (852) 2892 6498 email netrecruit@edb.gov.hk

^{Note 1:} Native speakers of English are people who acquire the language in infancy and develop the language through adolescence and adulthood within a community where English is spoken as the first language. Native-speaker English competence refers to the ability to use English fluently and spontaneously, to give grammatically accurate responses in communication and to write or speak creatively. Non-native speakers of English, i.e. people who have not acquired the language in early childhood, are also suitable for employment as NETs if their English competence is not different from that of native-speakers in terms of fluency, accuracy and creativity in language use.

Obama sworn in as inauguration looms

President Barack Obama took the official oath for his second term yesterday at the White House in a small, private ceremony that set a more subdued tone compared to the historic start of his presidency four years ago.

With his family in the Blue Room on the White House's ceremonial main floor, Obama put his hand on a family Bible and recited the 35-word oath that was read out loud by U.S. Chief Justice John Roberts.

REUTERS



► President Obama was officially sworn in by Chief Justice John Roberts yesterday. Next to Obama are first lady Michelle Obama and their daughters, Malia and Sasha.

Public ceremony

Obama, 51, will be sworn in publicly today outside the West Front of the Capitol overlooking the National Mall.

Fourth time

By today, Obama will have been sworn in four times, two for each term, putting him equal to Franklin Roosevelt, who served four terms. A second Obama

swearing-in was deemed necessary in 2009 when Roberts flubbed the first one.

Yesterday, Roberts read the oath carefully from a card and there were no mistakes.

Biden has presidential gaffe at ball

Was it just another slip of the tongue by Vice

President Joe Biden or a preview of the next presidential campaign?

Hours before Biden and President Barack Obama were due to be sworn in for their second four-year terms, Biden told supporters at the Iowa State Society inauguration ball late Saturday: "I'm proud to be president of the United States."

The audience laughed and cheered. Biden's son Beau, attorney general of Delaware, interrupted his father and told the crowd he'd misspoken. **REUTERS**

In the news



► 787 Dreamliner

NTSB rules out Dreamliner battery flaw

WASHINGTON. The U.S. National Transportation Safety Board yesterday ruled out excess voltage as the cause of an auxiliary power unit battery fire last month on a Boeing Co. 787 Dreamliner jet operated by Japan Airlines Co. and widened its investigation to include the Arizona-based manufacturer of the battery's charger.

Last week, governments across the world grounded the Dreamliner while Boeing halted deliveries after a problem with a lithium-ion battery on a second 787 plane, flown by All

Nippon Airways Co., forced the aircraft to make an emergency landing in western Japan. **REUTERS**

Al Qaeda claim attack as hostage toll in Algeria rises

ALGIERS. Algeria's government said yesterday the death toll from the gas plant attacked in the Sahara desert would rise from the 23 hostages initially thought. The previous death toll given by Algeria's Interior Ministry was 23 hostages and 32 militants killed during the assault launched by Algerian special forces to end the crisis, with 107 foreign hostages and 685 Algerian hostages freed. **REUTERS**

"I am afraid, unfortunately, to say that the death toll will go up."

MINISTER OF COMMUNICATION
MOHAMED SAID



Become a business superhero with an
MBA

Meet the world's top business schools and find the perfect MBA for you at the QS World MBA Tour:

NYU Stern, Cornell, American, Rutgers, Johns Hopkins, Rotman, ESADE, IE and more...

New York Event
February 2nd

Hilton New York

Panels and Presentations from 2-3:30 PM

Fair from 3:30-6 PM

Featuring alumni from Harvard, Wharton and Stanford

Register now:

www.topmba.com/metro



A TRUE STORY OF BLACK HOLES

Weird Science

JUSTIN DOWD

WINNER OF METRO'S
RACE TO SPACE

www.metro.us/weirdscience



Log on

Justin produced a chalkanimation video to accompany this column. View it at www.metro.us/weirdscience.

Black holes are real. New discoveries show some influence entire galaxies. In 1990 the Hubble space telescope observed stars orbiting something invisible. Images revealed evidence of a black hole 400 million times the mass of the sun dwelling in the Milky Way's core. When a large star runs out of fuel it collapses under its own gravity and explodes. Outer shells of rich stardust shoot into space, some destined to form new planets and living things like you. An iron core remains and collapses until gravity becomes so strong a black hole is born from the stars' ashes.

These mysterious objects are veiled by an event horizon, a point of no return where gravity becomes so strong nothing can escape — not even light. No one knows what lies behind the one-way curtain.

Some physicists believe supermassive black holes create passages, or wormholes to parallel universes. Albert Einstein and Nathan Rosen published a paper to describe the tunnels through space. Oxford mathematician Charles Dodgson studied similar concepts in the 1800s. He was also a writer who used the pen name Lewis Carroll. It's no coincidence he described Alice falling down a rabbit hole on her way to a strange wonderland.

Black holes also demonstrate how atoms are mostly empty space. If the sun were compressed into a black hole, it would be around the size of Manhattan. A black hole with the mass of Earth could fit inside a cantaloupe. You could be squeezed into a space smaller than an atom, and still contain an enormous amount of energy. If all the potential stored in your body was unleashed, the resulting explosion would dwarf the largest nuclear bomb ever built.

A recent discovery found supermassive black holes lurk in the core of nearly every galaxy and contribute to star formation.

Quoted

These mysterious objects are veiled by an event horizon, a point of no return where gravity becomes so strong nothing can escape — not even light. No one knows what lies behind the one-way curtain.



► An artist's concept illustrates a quasar, or feeding black hole.

NASA/ESA/GETTY IMAGES

How they affect roughly a hundred billion-star neighborhood remains unknown.

If black holes directly affect star formation, a process necessary to forge elements vital for life, then the supermassive monster that's floating right now 25,000 light years away, contributed to your existence today. That is true story of black holes.

Metro does not endorse the opinions of the author, or any opinions expressed on its pages. Opposing viewpoints are welcome. Send 100-word submissions to letters@metro.us.

**GOLD AND
JEWELRY
LOANS
UP TO
\$100,000**

Six month loan
Low fees
Low interest rates



See us online at www.providentloan.com

All offices open Monday-Friday, 9am-4pm. *Se Habla Espanol*

Main NYC office: 346 Park Avenue South (at East 25th St.)
212.685.0380

NYC: 180 East 72nd St. - 212.288.0918

Bronx: 2573 Decatur Ave. (off Fordham Rd.) - 718.367.2850

Flushing: 136-48 39th Ave. - 718.358.9191

Brooklyn: 7804 5th Ave. - 718.238.0506

THE
PROVIDENT
LOAN
SOCIETY
OF NEW YORK
It's better than a pawn shop.
It's Provident Loan.

**think flu
season's scary?
bathing suit season
is 129 days
away.**

\$0 to join*



new york sports clubs®

MySportsClubs.com

**RATE-LOCK
GUARANTEE**
Your monthly dues
will never increase.

*Requires a 1-year membership. Other restrictions apply.
Offer expires 1.27.13.

In the news

Dubya's pickup truck auctioned for \$300,000

A pickup truck used by former President George W. Bush at his Texas ranch was sold for \$300,000 at an auction on Saturday after he donated it to benefit a charity that serves U.S. military families.

The 2009 Ford F-150 King Ranch 4x4 SuperCrew was sold as part of the Barrett-Jackson auction house's sale of collectible cars in Scottsdale, Ariz. The auction house did not disclose the identity of the buyer.

Proceeds from the sale benefit the Fisher House Foundation, a charity that provides free housing for families of military service members who are receiving medical treatment. **REUTERS**

White House confident some of gun control legislation will pass

A White House adviser yesterday said he was optimistic Congress will approve at least part of President Barack Obama's proposals to reduce gun violence in the wake of December's massacre at a Connecticut elementary school.

Just hours before Obama was to be sworn in for his second term in office, White House adviser David Plouffe said on Sunday talk shows he felt there was support in Congress for some measures, including universal background checks for gun buyers and limits on high-capacity clips.

"I'm confident some of the measures you mentioned — clips, universal background checks — I think there are 60 votes in the Senate and 218 in the House, that the president would sign," Plouffe said on ABC's "This Week." "We



► A woman displays her rifle during a pro-gun rally in Olympia, Wash.

Rallies protest gun control

Pro-gun activists held "high noon" rallies across the U.S. on Saturday to defend the right to own firearms that they say is being threatened by gun-control proposals.

"We are law-abiding citizens, business owners, military, and we are not going to be responsible for

other people's criminal actions," former Marine Damon Locke said to applause at a Florida rally he had helped organize.

In Denver, the mood was defiant as about 500 people gathered outside the state capitol.

"I have earned the right to have my guns," said Don Doby, an Air Force veteran and former police officer. **REUTERS**

don't expect it all to pass, or in its current form, but we think there's elements of this that are absolutely critical," Plouffe said.

Obama last week proposed the biggest U.S. gun-control push in decades, including a ban on military-type assault weapons and mandatory background checks for all gun buyers to prevent mass shootings like December's Newtown, Conn., school massacre in which a gunman killed 20 children and six adults.

Gun advocates have mobilized to fight Obama's plan. With gun ownership rights enshrined in the Second Amendment of the U.S. Constitution, gun restrictions have long been a divisive issue. Republicans yesterday said Obama's key proposals had little chance in Congress, and said Obama's policies would not have prevented the

"Let's do things that will make a difference here, rather than take one more opportunity to go at an old agenda."

ROY BLUNT

Newtown shooting. Reinstating the ban on assault weapons that expired in 2004 is widely seen as having little chance in Congress.

"We had bans on things for a decade. That didn't seem to make any difference at all — but, during that same decade, our willingness to share information about mental problems, our willingness to share information between security officials and police officials, all declined," Missouri Senator Roy Blunt said on "Fox News Sunday." **REUTERS**

We think it's time SNORERS had more attractive options.



Snorers, breathe a sigh of relief—we offer effective treatments beyond the mask.

At Eos Sleep there are no one-size-fits-all solutions. Our approach begins with an expert evaluation of your upper airway by a board certified ENT physician who will determine the cause of your problem. Then our coordinated team of specialists will make recommendations based on your particular diagnosis. Our wide range of options means you'll find the treatment, or combination of treatments that works for you and your bed partner. For many, it may be as simple as a 20-minute procedure.

Open your eyes to an entirely new approach to treating snoring and sleep apnea.

Eos Sleep is here.

eOs sleep®

For the treatment of snoring and sleep apnea

New York City • Long Island • 888-485-0466

EosSleep.com



Are foods making you sick or fat?
Find out with our one-of-a-kind blood test.



weight problems
skin conditions
digestive disorders
migraines
chronic fatigue
ADHD
aching joints
arthritis
and many more

Take our unique blood test that can change your life.

Learn exactly which foods your body **cannot** tolerate or digest (this is a food sensitivity test, not an allergy test).

Program includes medically supervised meal planning, exercise, and nutritional guidance.

We work with:



Oxford PPO

United Healthcare PPO

Call us now at **212-679-6490**
www.general1medical.com

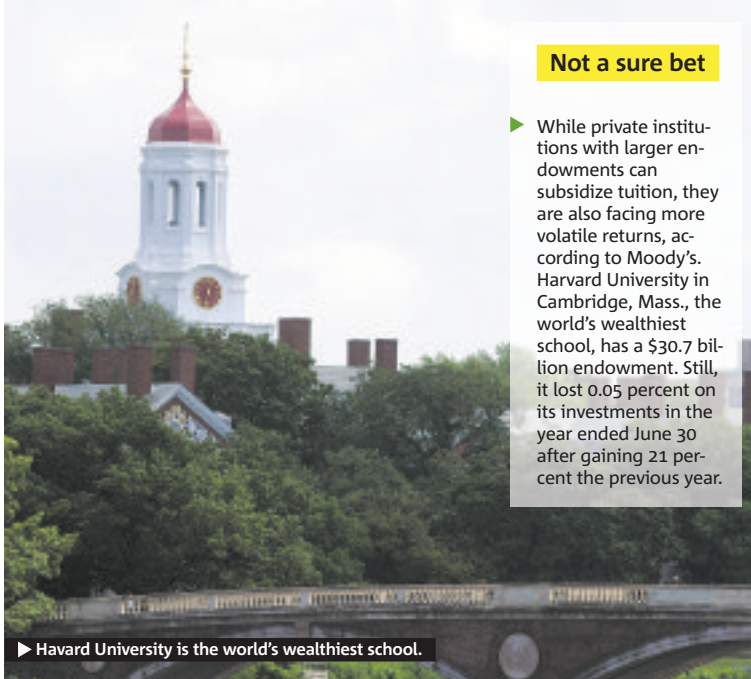
General 1 Medical P.C. - Financial District - 130 William Street Suite 903 NYC 10038

Accessible by 1 2 3 4 5 6 A C E J Z

Copyright© 2012 NY Wellness Solutions, Inc. 1 *Deductibles and co-pays apply.

Tests are not covered by Medicare, Medicaid, HMO plans, or Worker's Comp.

Higher education outlook is negative, according to Moody's



Not a sure bet

While private institutions with larger endowments can subsidize tuition, they are also facing more volatile returns, according to Moody's. Harvard University in Cambridge, Mass., the world's wealthiest school, has a \$30.7 billion endowment. Still, it lost 0.05 percent on its investments in the year ended June 30 after gaining 21 percent the previous year.

► Harvard University is the world's wealthiest school.

GETTY IMAGES

Moody's Investors Service changed its 2013 outlook for all U.S. higher education to negative, citing mounting pressure on revenue sources.

"Most universities will have to lower their cost structures to achieve long-term financial sustainability and fund future initiatives," Moody's said today in a report, led by analyst Eva Bogaty.

The ratings company previously had a stable rating for market-leading research institutions. The cost to attend college has

"Most universities will have to lower their cost structures to achieve long-term financial sustainability and fund future initiatives."

FROM THE MOODY'S REPORT

increased faster than the rate of inflation over the past four decades, with some private institutions topping \$60,000 a year.

Price sensitivity is hav-

ing a greater impact on student demand because of a "prolonged period of depressed family income and household net worth." The number of high school graduates has also been declining since the 2007-2008 academic year, Moody's said.

Public universities, which have seen state funding decline in recent years, can expect more of the same, according to the Moody's report. It said research funding is also vulnerable to federal budget cuts. **BLOOMBERG**

Colleges downgraded

The rating company downgraded more than 20 universities last year, according to data compiled by Bloomberg. Among the

largest was Pennsylvania's State System of Higher Education, a 14-school system.

Moody's cut \$1.5 billion of the system's debt to Aa3 from Aa2 largely because of its financial dependence on the state,

which was also downgraded.

Other institutions downgraded included the private schools Franklin W. Olin College of Engineering in Needham, Mass., and Morehouse College in Atlanta, Ga.

THE WINDSOR SCHOOL

- Established in 1969 -

- Private Middle and High School
- Registered by NY State Education Department
- Accredited by Middle States Association

**Moving To: 37-02 Main Street Flushing, NY 11354
135-22 37th Ave., Flushing, NY 11354**

- More modern facilities • Outstanding and expanded faculty
- Wi-Fi and computers in every classroom
- Receive an academic foundation to prepare for the future

Special Classes:

Saturday - SAT Prep Classes in Critical Reading, Writing, Math
Saturday - SAT Subject Prep Classes in Biology, Chemistry, Physics, Math Level 1 and 2
Saturday - PSAT Prep Classes in English and Math

ALL CLASSES TAUGHT BY EXPERIENCED HIGH SCHOOL TEACHERS.

Our mathematics team placed first in the NYML competition 2011-2012 (www.themathleague.com)

We have an outstanding college acceptance record.

High school diploma program for students who are in middle or high school (includes study in English as a Second Language).

Pre-University program for students who have completed high school. English as a second language program for beginner, intermediate or advanced students.

No previous knowledge of English is necessary.

PROGRAMS

- Grade 6-12 • AP Classes • ELS Classes
- Help with college selection and application, SAT and TOEFL Support



Our New Address Please visit or call for more information

37-02 Main Street, Flushing, NY 11354, 135-22 37th Ave., Flushing, NY 11354

Phone: 718-359-8300, Fax: 718-359-1876 Website: www.windsorschool.com

BECOME A PARALEGAL

Get Your Degree on the WEEKENDS!

- Manage a professional law office
- Organize and research cases for trials
- Find related careers in legislative offices, investigative firms, legal publishing and product marketing industries

ENROLL TODAY

For Albany extension program details and disclosures visit mildred-elley.edu/disclosures

(888) 324-3822 | mildred-elley.edu



MILDRED ELLEY
Career training for today's world.

Accredited Member, ACICS

GI Bill Approved
International Students Welcome

NEW Online Courses: transcription and coding careers. Call to learn more! **(888) 414-6154**



MILDRED ELLEY
Career training for today's world.

Accredited Member, ACICS

GI Bill Approved
International Students Welcome

BUSINESS MANAGEMENT

Get Your Degree on the WEEKENDS!

- Become an office manager, executive assistant & more
- Work in executive, accounting, banking, HR, marketing, sales, customer service and production offices.

ENROLL TODAY

For Albany extension program details and disclosures visit mildred-elley.edu/disclosures

(866) 755-5092 | mildred-elley.edu



Speak FRENCH

Conversation Classes • Native Teachers
Day or Evening

GUARANTEE

Repeat the entire session
free of charge if not fully
satisfied. Visit :

www.FrenchLanguageSalon.com

Beginners • Intermediate • Advanced

FRENCH LANGUAGE SALON™

Cercle Franco Américain

888 Lexington Ave, at 66th Street

212.628.2700 ext. 12

In 'Confessions of a Community College Dean': blogger Matthew Reed diagnoses a broken system



► Read more of Reed's insights at www.insidehighered.com.

NGRAM PUBLISHING

City Tech's Green Advanced Manufacturing Collaborative The CareerPATH Program in Manufacturing

EARN COLLEGE CREDITS AND DEGREES ALL EXPENSES PAID

NYC College of Technology (City Tech), CUNY's designated college of technology, offers stackable, credit-bearing industry-recognized credentials in Mechanical Engineering Technology and Industrial Design Technology. Wrap-around support services and job placement assistance are provided to program participants.

ARE YOU ELIGIBLE?

- 18 years old (preferably 24 or older)
- High School Diploma/GED or college credits
- US Citizenship or legally authorized to work in the US
- Displaced workers and incumbent workers, veterans, unemployed, underemployed, and prospective college students
- Take the CUNY Assessment Test (CAT)
- Demonstrate strong math skills

CALL TO RESERVE A SEAT IN OUR UPCOMING
INFORMATION SESSIONS ON:

February 5th & 7th, 2013

The CareerPATH Program Advisor

718-552-1150

gamc@citytech.cuny.edu

www.citytech.cuny.edu/bitc/manufacturing



New York City College of Technology
Business & Industry Training Center
Dept. of Mechanical Engineering Technology &
Industrial Design



This workforce solution was funded by a grant awarded by the U.S. Department of Labor's Employment and Training Administration. The solution was created by the grantee and does not necessarily reflect the official position of the U.S. Department of Labor. The Department of Labor makes no guarantees, warranties, or assurances of any kind, express or implied, with respect to such information, including any information on linked sites and including, but not limited to, accuracy of the information or its completeness, timeliness, usefulness, adequacy, continued availability, or ownership.

When Matthew Reed was dean of The County College of Morris, he started an anonymous blog — “Confessions of a Community College Dean” — where he blended wonkish observations on education policy with a playful take on his life in the North Jersey suburbs: “Foucault, plus lawn care,” as he puts it.

“It started as a way to think out loud about some of the dilemmas I was facing,” says Reed. “But as a community developed around it, it became a way to address larger issues in higher education.”

By 2007, “Confessions” was picked up by Inside Higher Ed — one of the most popular websites in the field. It soon developed a loyal nationwide following and, now, a book deal: “Confessions of a Community College Administrator” was released this month by Jossey-Bass.

Reed cut down on the snarky humor for the print version — mostly. This “Confessions” is a scholarly diagnosis of a system in peril.

“It’s taken me years to finally see an underlying structural problem with our higher education system,” he says. “Economists define productivity as the



► Reed



“Economists define productivity as the amount of stuff you can produce in a given amount of time, and our economy has steadily increased productivity. But in education the time is fixed: We denominate learning in units of time — semesters, credit hours, years.” REED

amount of stuff you can produce in a given amount of time, and our economy has steadily increased productivity. But in education the time is fixed: We denominate learning in units of time — semesters, credit hours, years. So we can never increase productivity like the rest of the economy. We wind up becoming more and more expensive by definition, which means higher tuition, more adjunct professors, etc.”

Reed admits that finding alternatives to credit

hours is no easy process, but he’s willing to suggest some adjustments for the time being:

“We define the point of a course as the student being able to do X by the end of it, for example. Well, if the student is able to do X in six weeks instead of 16, shouldn’t they go on to the next thing?” he says. “Right now we make them do the full 16, during which we’re paying people.”



Bruce Walsh
bruce.walsh@metro.us

THE WORD



Dorothy Robinson's take on the world of gossip [@dorothyatmetro](#) dorothy.robinson@metro.us

2

Hot. Shot



► Kristen Bell is pretty in purple.

ALL PHOTOS GETTY IMAGES

A baby bump at Sundance

Actress Kristen Bell, who is expecting a little one with fiancé Dax Shepard in the spring, showed off her baby bump at the premiere for her new film, "The Lifeguard," at the Sundance Film Festival in Park City, Utah, on Saturday.

All of Hollywood is mad at Armstrong — except JJ Abrams

Lance Armstrong and Hollywood have always been pretty tight. He and the puppy-eyed Jake Gyllenhaal would go bike riding together; Matthew McConaughey and he have been buds (and Austin neighbors) for years and the guy was even engaged to poor Sheryl Crow. But now it looks like Hollywood — where liars and cheats usually thrive — is turning its tanned back on the disgraced cyclist.

After the bombshell interview with Oprah, stars took to Twitter to express their disdain. Carson Daly tweeted: "He is a cheater and liar. I'm embarrassed that I was such a fan for so long." Meanwhile, Seth Meyers joked: "Say what you will, he's still the Lance Armstrong of d*ck-heads." And perhaps Piers Morgan was just bitter that Oprah got the interview and not him when he wrote: "The fact @lancearmstrong admits he had to look up what the word 'cheat' means, says all you need to know about the man.



► Who knows what's in those friends' glasses in 2006?

#LiveWrong."

But there's one person in Hollywood that is hot to trot for Armstrong's story: JJ Abrams. The "Star Trek" director and "Lost" co-creator is reportedly set to produce a film about Armstrong's life, according to the Hollywood Reporter. Abrams and Paramount Pictures recently acquired the rights to New York Times sportswriter Juliet Macur's book "Cycle of Lies: The Fall of Lance Armstrong," which is set to

be released in June. Sony Pictures has been working on a much more complimentary Armstrong movie for years, with Jake Gyllenhaal reportedly attached to star at one point, but those plans were scrapped after Armstrong was stripped of his Tour de France titles in August.

This is a perfect pairing. After all, Abrams and Armstrong are two figures famous for spinning wheels and disappointing endings.

The feed ...

► Checking in with some of Hollywood's biggest names to see what they've been up to — in their own words, in 140 characters or fewer.

@MalinAkerman:

At a restaurant. Witnessed a crazy car chase. Parked cars got hit and nearly hit people on the sidewalk!! Thank god no one was hurt!

@KChenoweth:

When does the gurgling, nasuea end. When

@EmWatson:

Rooney Mara seems -so cool. #vogue

@SethMacFarlane:

If mom & dad paid to put you through journalism school and you're typing the phrase "new couple alert," you should just walk into the ocean.

TRADE WIND CHILL FOR SEA BREEZE.

YEAR-ROUND CARIBBEAN CRUISES FROM NYC STARTING FROM \$529*

Carnival®

*Per person cruise fare only. The company reserves the right to reinstate the fuel supplement for all guests at up to \$9 per person per day if the NYMEX oil price exceeds \$70 per barrel. Government taxes and fees are additional per person and based on itinerary. Non-refundable deposit and restrictions apply. Full details on carnival.com. Ships' Registry: The Bahamas, Panama and Malta.



Stars in the snow: Sundance 2013

1: James Franco was at the premiere of "Kink," his documentary on the BDSM purveyor Kink.com, on Saturday.

2: Sundance Institute President and Founder **Robert Redford** spoke onstage at the "May In The Summer" premiere on Thursday.

3: Actor/producer Michael B. Jordan at the "Fruitvale" premiere on Saturday.

4: Michael C. Hall and

Daniel Radcliffe posed at the premiere of their new movie, "Kill Your Darlings," on Friday.

5: Rosemarie DeWitt attended the "Touchy Feely" premiere on Saturday.

6: Jessica Biel attended the "Emanuel and the Truth About Fishes" premiere on

Saturday.

7: A still-skinny Matthew McConaughey popped up at the premiere of his latest film, "Mud," on Saturday. His co-star, **Reese Witherspoon**, did not join him on the red carpet.

1: AMANDA EDWARDS/GETTY IMAGES
2,4,6,7: GEORGE PIMENTEL/GETTY IMAGES
3: CLAYTON CHASE/GETTY IMAGES
5: SONIA RECCHIA/GETTY IMAGES



UNIVERSAL PICTURES



► Victoria (Megan Carpenter) has plenty to scream about in "Mama."

'Mama' smothers competition

► Jessica Chastain stars in the top two films at the box office, leaving action stars Arnold Schwarzenegger and Mark Wahlberg in the dust

Box office

Jessica Chastain in a low-budget horror flick overpowered Mark Wahlberg and Arnold Schwarzenegger to emerge as the weekend box office champ, while her Oscar-nominated "Zero Dark Thirty" captured the second spot as well.

Chastain's supernatural thriller, "Mama," pulled in \$28.1 million from Friday through Sunday at U.S. and Canadian theaters, according to studio estimates, beating out a crop of new testosterone-fueled, male-targeted releases that finished far back in the pack. "Zero Dark Thirty," for which Chastain is a leading best actress Oscar contender, took in \$17.6 million, while another 2012 release and Oscar favorite, "Silver Linings Playbook," finished third with \$11.35 million.

"Broken City," a crime

thriller starring Wahlberg and Russell Crowe, finished fifth with \$9 million behind "Gangster Squad," which took in \$9.1 million, while Schwarzenegger's new action film, "The Last Stand," earned \$6.3 million for a dismal 10th place.

"Mama" stars Chastain as a musician who doesn't want children but is forced to take care of two orphaned nieces who have been living in the woods. Based on a 2008 short film, the movie was produced for about \$15 million.

REUTERS

Top 5 films

1. "Mama," 28.1 million
2. "Zero Dark Thirty," \$17.6 million
3. "Silver Linings Playbook," \$11.35 million
4. "Gangster Squad," \$9.1 million
5. "Broken City," \$9 million

TV watch list

'The Carrie Diaries'

DRAMA. Carrie scrambles to make it to work after her trendy purse is included in an Interview fashion shoot. Good thing she's not wearing Manolo Blahniks yet. 8 p.m., The CW



► Carrie (AnnaSophia Robb) gets off to a rough start with Sebastian (Austin Butler) on "The Carrie Diaries."

CRAIG BLANKENHORN/THE CW

'Castle'

DRAMA. The founder of the hit adult video franchise "College Girls Gone Crazy" is murdered. 10 p.m., ABC

'Lizard Lick Towing'

REALITY. It's hard to be a repo man when you're a TV star. Ron Shirley adjusts tactics. Season premiere, 10 p.m., truTV ● AMBER RAY

Save \$1,000 on replacement windows and pay off the last of your high heating bills.*

Present this coupon to your Project Manager during your FREE Window Diagnosis

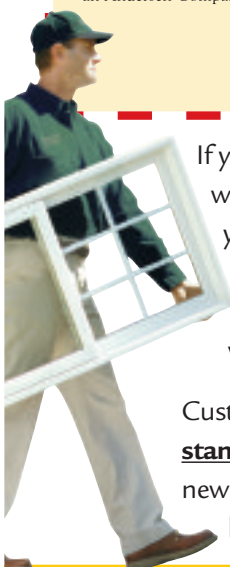
Renewal
by Andersen.
WINDOW REPLACEMENT
an Andersen Company

PROMO CODE: 37XB-6

\$1,000 DISCOUNT
on custom-built windows*

& **\$0** **0** **0%** FOR 1 YEAR*
MONEY DOWN | PAYMENTS | INTEREST

with Instant Product Rewards. Offer expires: February 17, 2013



If you have drafty, broken, or inefficient windows, your home will never be as warm and comfortable as you would like. And your heating bills will probably always be hundreds, or even thousands, of dollars *more than they should be*. For a tight, energy-efficient fit, we custom-build your replacement windows to your home's precise measurements.

Custom building every window to meet Andersen's superior standards takes a little extra time. So, while you wait for your new windows to arrive, we'll give you a **\$1,000 discount** to help you pay the last of your high heating bills.*

Renewal
by Andersen.
WINDOW REPLACEMENT
an Andersen Company



Call for your FREE Window Diagnosis:

1-800-357-3815
OurEnergySavingWindows.com

*Restrictions and conditions apply; see your local representative for details. Cannot be combined with prior purchases, other offers, or coupons. No adjustments to previous orders. Offer not available in all areas. discount applied by retailer representative at time of contract execution and applies to minimum purchase of 5 or more windows. Offer does not include bay/bow windows or patio doors. As part of the Instant Product Rewards Plan, all homeowners must be present and must purchase during the initial visit to qualify. To qualify for \$1,000 discount offer, initial contract for a free Window Diagnosis must be made and documented on or before 2/17/13, with the agreement then occurring no more than 10 days after the initial contract. 0% APR for 12 months available to well-qualified buyers on approved credit only. Not all customers may qualify. Higher rates apply for customer with lower credit ratings. Financing not valid with other offers or prior purchases. No Finance Charges will be assessed if promo balance is paid in full in 12 months. Renewal by Andersen retailers are independently owned and operated retailers, and are neither brokers nor lenders. Any finance terms advertised are estimates only, and all financing is provided by third-party lenders unaffiliated with Renewal by Andersen retailers, under terms and conditions arranged directly between the customer and such lender, all subject to credit requirements. Renewal by Andersen retailers do not assist with, counsel or negotiate financing, other than providing customers an introduction to lenders interested in financing. NJ Consumer Affairs License #: 13HV01541700. NYC Consumer Affairs License #: 1244514. Nassau Consumer Affairs License #: H081015000. Suffolk Consumer Affairs License #: 43991-H. NYC 1307704. Renewal by Andersen of Central/Northern NJ and Long Island are independently owned and operated affiliates operating in the NJ/NY metropolitan area. "Renewal by Andersen" and all other marks where denoted are marks of Andersen Corporation. ©2013 Andersen Corporation. All rights reserved. ©2013 Lead Source, LLC. All rights reserved.

\$1 ZOOM! Laser Teeth Whitening

(w/Check-up and Cleaning*)

*covered by your PPO Dental Plan

Up to 12 Shades Whiter in just 1 hour

Call (212) 537-6923 - Open Weekends and Evenings

30 East 40th St. #105 • 1 block from Grand Central Station
Ph (212) 537-6923 • www.Zoomfor1.com (exp 1/31)



Looking for a 'Following' on television



► In "The Following," Kevin Bacon plays a former FBI agent who is called back to work to track down a killer and his cult of followers. The series premieres tonight at 9 on Fox.

► Kevin Bacon headlines his first TV show ► What took him so long, and why he didn't wind up where he thought he would

It's taken surprisingly long for Kevin Bacon to find his way to the lead role in a TV drama, but he's finally doing so with "The Following," from "Scream" creator Kevin Williamson. And the biggest surprise, at least to Bacon, is that it's on network television. "I honestly thought I'd end up on cable," says Bacon, whose wife, Kyra Sedgwick, has done well for herself in the cable world with "The Closer." But Bacon doesn't mind guessing wrong about his own career.

What did this show have that other TV projects you may have looked at didn't?

First off, I tried to develop two [shows] that didn't quite get there by the time this one came along. Sometimes they were amazing pilots and people

Q&A

You said that you thought you'd end up on cable when you got to TV.

Well, yeah — when I first approached the idea of doing a show, yeah, I thought cable. Well, first off, I went from the idea that cable was just going to be Showtime or HBO.

Premium, right? And then in the course of a year or so, that's when it started to morph. All of a sudden I'm like, "Holy s—, 'Breaking Bad' is off the chain!" Look at shows that are on FX, you know, and "The Closer." And now all of a sudden it's like, "Well, what about Netflix?" You just do a show and there is no network. Things have changed and morphed so much.

"I'm not someone who thinks too carefully about what the long-term implications are."

BACON

would say to me, "Yeah, but is there really a show there?" Since I'm really not used to reading something with the eye on four years down the line, that was kind of a new thing to me. And then other things had strange network politics around them that they didn't fall into place, and this

one did.

So this one has something in it that could carry on for years, you think?

Yeah, but what do I know? I mean, look how many f—ing movies I've done, and how many of them are hits — 2 percent, 5 percent? So I've made a lot of bad choices. I'm not someone who thinks too carefully about what the long-term implications are.

For years, the line's been: "All the good writing is on cable." Are the broadcast networks catching up?

There's got to be some network guys around here you could interview about that idea. I don't know the answer to these questions. I'm much more following it, if I can say that now, but I don't have the answers.



Ned Ehrbar
METRO WORLD NEWS

QS WORLD
MBA
TOUR™

Become a business
superhero with an
MBA

Meet the world's top business
schools and find the perfect MBA
for you at the QS World MBA Tour:

NYU Stern, Cornell, American,
Rutgers, Johns Hopkins, Rotman,
ESADE, IE and more...

New York Event
February 2nd
Hilton New York

Panels and Presentations from 2-3:30 PM
Fair from 3:30-6 PM
Featuring alumni from Harvard,
Wharton and Stanford

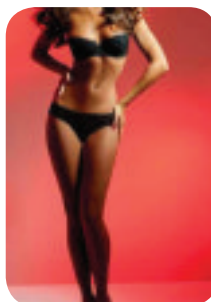
Register now:
www.topmba.com/metro



**NEW YEAR!
NEW YOU!
50% Off at**



SLIMMING & LASER CENTER



LASER - 50% OFF

Full Body Laser Hair Removal:
was \$699/now **\$399.50**
Full Legs, Back, Chest, Full Face or Full Arms: was \$199/now **\$99.50**
Fractional Laser (reduce acne scarring, large pores, fine lines): was \$199/now **\$99.50**
Acne Laser (clears up adult acne) 8 treatments: was \$800/now **\$400**

SPA SERVICES

Deep Pore Facial
includes extractions:

was \$55/now **\$27.50**

One Hour Massage:

was \$65/now **\$32.50**

Microdermabrasion

(reduce pigments): was

\$75/now \$37.50

Spa Manicure with

Spa Pedicure: (includes

full pedicure and manicure,

hand and foot massage

with paraffin treatments):

was **\$39/now \$19.50**

**WAXING
50% OFF**

Back Wax: was \$25/

now **\$12.50**

Chest & Stomach

Wax: was \$35/now

\$17.50

Brazilian Wax: was

\$35/now \$17.50

Full Body Wax: was

\$99/now \$49.50

All offers expire 1/20/13

was **\$39/now \$19.50**

**SLIMMING
TREATMENTS**

Zerona Full Body Inch

Loss System (lose 3-9

inches guaranteed - zero

pain and zero downtime):

6 for \$399

Cavi Lipo (eliminates

fat cells permanently

and painlessly): **\$65** per

treatment/per area

Can be done on love

handles, stomach, legs,

breast area and more.

Slimming Body Wrap

with mini facial

(reduces toxins and

water retention):

was **\$90/now \$45**

180 7TH AVE. SOUTH, NY, NY 10014
212-229-1389 • WWW.SPAJOLIENY.COM

Must have coupon present. Can purchase as many as you want. Does not
expire after purchase. Cannot be combined with other offers.

Cartridge World™

Join the Leader in an \$80 Billion Industry
& FASTEST GROWING!

Get in business FAST with low cost investment.

Fantastic ongoing training and support!

**FOR FRANCHISE INFORMATION,
CALL NOW!**

Greg: 877-465-1500

DENTAL CENTER

IN THE

CHRYSLER BUILDING

42ND AND LEXINGTON

**New Year
Invisalign Special!**

\$3999 for a full treatment

Please call for a Complimentary consultation

www.kakosiandental.com

888-711-0267



**NEW
OFFICE**

204 East 35th St
Bet 2nd & 3rd



JUST ONE OF THE GIRLS

► Christopher Owens: Boy makes Girls, boy loses Girls, boy writes album about Girls' first tour.

► Christopher Owens on the story of his new concept album ► Why you shouldn't expect to hear songs by his former band on this tour

After disbanding Girls last year, the first project that singer Christopher Owens chose to tackle under his own name was a concept album called "Lysandre." The work — full of saxophones and flutes and Owens' take on classic pop-song architecture — might seem like the furthest thing from his previous band, but the narrative arc is all about Girls' first tour in 2008.

"It starts out being excited to go on that tour and not really knowing what to expect, because I hadn't done any tours before that," he says.

While he's dealing with his Girls experience in a very specific way on this tour, he won't play any Girls songs.

"I will play those songs again in the future," he says. "But I feel like with this album and this tour, it's clearly a thing — and it's kind of obvious that it will be a show of this album."

But Owens wrote the material for "Lysandre" shortly after that first tour, while Girls was still going.

"I didn't put [the songs]

What does Owens think of the HBO show, 'Girls'?

I haven't really watched much of that show. I just didn't really enjoy the fact that they used the name. When I very first saw that it was a show coming out, I didn't really think about it. And then as I heard more about the show, I realized it was being worked on and made by people who definitely knew who our band was and knew that we existed and were definitely aware of us. They could have simply added one word, or used a different word, and made it a different thing instead of straight taking the name as

if it didn't matter at all.

It's something that I let go of pretty quickly, but at one point I realized that it was definitely a conscious choice that they made, just because of the people involved. They clearly were aware that we were functioning under that name and they kind of just viewed themselves as so big, and so much more of a big project, that it didn't matter. It could have been so simple to make it a different name. It could have been "New York Girls" or whatever. There was a point where I realized that and I got a little bit offended, that's all. ... And I guess the whole thing kind of resolved itself when I ended up not wanting to be in a band anymore anyway.

away to not work on them with Girls or anything," he says. "They were just seven songs out of the 60 or so that I wrote in those couple of years. And I guess I always kind of thought they would be Girls songs."

If you go

► **Christopher Owens**
Tonight and tomorrow
The Bowery Ballroom,
6 Delancey St.
\$20, 212-533-2111
www.boweryballroom.com

 **Pat Healy**
pat.healy@metro.us

LaserTouch™
AESTHETICS
SoHo | 57th | Long Island | White Plains
www.lasertouchsoho.com

(646)
863-4333
Free consultation

Laser Hair Removal Specials (this week only!)

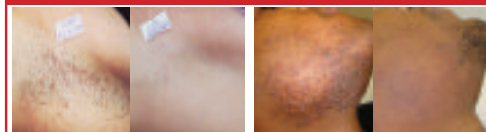
High quality
at affordable
prices!



New clients only.

Please mention or bring this ad

- \$49 chin, lip or sideburns
- \$79 underarms or bikini
 - \$139 brazilian
- \$199 full legs, chest, or back
- \$549 full body



Do you suffer from varicose veins?

- Varicose Veins & Ulcers
- Swollen Legs & Pain
- Spider Veins
- Skin Discoloration

ClariVein • VeinGogh • EVLT Laser • VNUS • Asclera

Most health insurances accepted
Anesthesia available for your comfort



212-204-6501

1-888-356-VEIN (8346)

www.treatmentsofmanhattan.com

e-mail: drlev@treatmentsofmanhattan.com

111 John St. • Ste. 1450 • New York, NY 10038
(Between Cliff and Pearl Streets)

**ADVANCED
VARICOSE VEIN**
TREATMENTS OF MANHATTAN

CERTIFIED BY THE
AMERICAN BOARD OF PHLEBOLOGY

mywellbeing

Don't let nomophobia or Venustraphobia get you!

► Fear of being without your phone? ► Fear of beautiful women?
► These are very real anxieties and you can learn ways of coping

Most of us can identify with nomophobia — the fear of being without technology — and Venustraphobia — the fear of beautiful women — at least to some extent. I have patients who complain that they panic without cell phone service or are frightened by gorgeous people. So, it is all very normal to feel these things. In the world of labeling our behaviors and feelings though, we have names for almost everything.

No more drama



JONATHAN ALPERT

WWW.JONATHANALPERT.COM

Nomophobia

Nomophobia is derived from the words "no mobile" and came from a 2008 British study where approximately half of all participants reported feeling some form of stress or anxiety in the absence of

mobile phone use. This is consistent with what I see with some of my patients as well. The symptoms include checking your phone frequently for messages, feeling anxious without it, using the phone in inappropriate places (such as a house of worship) and feeling "naked" without it. Nomophobia is one of those technology-derived disorders and a reflection of our 24/7 news cycle, in which people feel they have to be connected and accessible at all times.

Fifteen years ago, this problem hardly existed. Here's how to combat nomophobia:

► Monitor your use.

Know when your use is heaviest. Is it at night when you're lonely? Or is it when you are bored? Address the underlying issues.

► Carve out acceptable times to check or use your telephone.

Some ideas might be: on your lunch break, before work or only for really important calls during the workday.

► To ensure that you don't lose access, take precautions like charging the phone prior to leaving home.

► Any man would be a little nervous to talk to Heidi Klum. But the hottie at the bar? Totally approachable. Work past your fears of rejection — chicks dig confidence.

Venustraphobia

Venustraphobia is the fear of beautiful women. As with most phobic responses, the person will experience classic symptoms if faced with beautiful women, or even merely thinking about them. Shortness of breath, nausea, dry mouth, perspiring and an inability to think or speak clearly are all typical. A common adaptive response is to avoid beautiful women at all costs.

The ramifications could be missing work, not developing romantic or even

platonic relationships and depression. The treatment: Address the underlying beliefs and test out how true or false they are. For example, people with Venustraphobia might think, "She'll reject me." Ask yourself: How do you know if she'll reject you?

— Jonathan Alpert is a licensed psychotherapist. His book, "Be Fearless: Change Your Life in 28 Days," is available now. E-mail him your questions at jonathan@jonathanalpert.com

Metro does not endorse the opinions of the author.

LASIK Deal of the Week

\$1895 for LASIK Surgery for Both Eyes (\$4,000 value)

VALUE	DISCOUNT	YOU SAVE
\$4,000	53%	\$2,105

- Board-certified LASIK surgeons exclusively dedicated to Laser Vision Correction
- 50,000+ LASIK Surgeries performed
- Tri-state's only center with 4 different lasers to best customize your LASIK

0% FINANCING

Call Today for a **212.759.9617**
FREE consultation!

* Special offer valid with this ad only. The offer is good for Standard Lasik. Additional fee for Custom & Bladeless Lasik. Some restrictions may apply.

MANHATTAN LASIK CENTER NEW JERSEY
www.SeeLasik.com

Diabetes

Foot Pain

Are You Diabetic?

Do You Have Foot Pain?

Do you experience:

- ☐ sharp pains in your feet or legs?
- ☐ tingling, burning, or pricking sensations?
- ☐ sensitivity to touch?

Diabetic neuropathy is a nerve disorder caused by diabetes. Up to 60% of diabetics may have some form of neuropathy. If you are 18 years of age or older, have been diagnosed with diabetes, and have pain in your feet, legs or hands, you may be eligible to participate in our research study. As part of the study you will receive study-related medical evaluations with our Board Certified Physician, investigational medication, blood tests, electrocardiograms, and visits to our private center at no cost to you. Please call for more information.

The Medical Research Network, LLC
134 East 93rd Street, New York, NY 10128
www.MedicalResearchNetwork.com
(212) 595-5012

ESSENTIAL Skin Care

www.essential-skin.com

Specializing in Problem Skin
Licensed Professionals
Introductory Offers!

NEW LOCATION

247 E. 50th St. 2 Fl NYC Tel: 212-588-8866
Trains: ●●● to Lexington Ave. ●●●●● to 59th Street

207 E. 14th St. NYC Tel: 212-253-9693
Trains: ●●●●● to 14th St. Union Sq or ● to 3rd Ave.

"Body Massage + Facial \$99 • Eyebrow / Eyeliner Tinting \$25 • Ear Candeling \$50"

Diamond Microdermabrasion Only \$50
for acne scars, sun damage skin, fine lines, wrinkles, discoloration, blackheads.

Botinal Wrinkle Treatment Reg \$160 \$125
formulated with "Botox® - Like" effect without injection. Effectively reduces the appearance of wrinkles and crow's feet after only one treatment.

Herbal Mini Peel \$145
Experience the power of herbal skin rejuvenation in just one hour. It will improve lines and wrinkles, increase stimulation of collagen production and promotes a firmer skin while it also minimize scars and dark spots.

Acne Treatment w/Glycolic Acid Peel Only \$45
For oily and blemish skin with excessive blackheads/whiteheads, acne scars and discoloration.

Deep Cleansing Facial Reg \$75 \$40
Deep cleans and refreshes all skin types.

Brightening Peel Reg \$125 \$75
An antioxidant peel that helps to brighten and lighten discolored skin with highly concentrated L-Vitamin C and L-Retinol. All skin types.

Body Slimming Wrap or Salt Glow Special \$50
Sea salt scrub to exfoliate and polish or herbal slimming wrap to move toxins and promote inch loss.

-STOP- Bad Breath

Get Rid Of It Now!

- New Effective Treatment
- Covered By Most Insurances

Call For Free Initial Consultation
1-800-634-1945

Halitosis Treatment Center Dr. Eugene Joffe
www.A-DENTIST.com

As Seen On TV
NBC, CNN, CBS



Profit from your passions after retiring

After decades working in human resources, Nancy Collamer launched her second career as an advice columnist in the mid-1990s. Her 2001 self-published book, "The Layoff Survival Guide," has become an e-book hit, increasing her audience by leaps and bounds. Her latest book, "Second-Act

Careers: 50+ Ways to Profit From Your Passions During Semi-Retirement," plumbs the depths of an issue close to her heart.

Your approach to retirement seems much more practical than many other post-career books.

I see a gap in most people's thinking on this subject. There's a lot of

discussion about how to go live your dream and buy a vineyard or something. That's wonderful, but that is geared toward people who don't have to worry about money. On the other side, we tend to point people who need money in retirement toward a job at a movie theater or Wal-Mart. My feeling is that most people are somewhere be-

tween those two options.

How do you find something in the middle?

What did you do before you retired? Start there. You likely have developed some expertise in your former profession. ... There are ways to turn that knowledge into a flexible, part-time career.

Bruce Walsh
bruce.walsh@metro.us



▶ Living longer than previous generations means a second chance to use your experience.

Q&A

Is it the economy that's causing this shift retirement attitudes, or do boomers see retirement differently than previous generations?

It's hard to separate the two. I think we need to put retirement into a historical perspective. The retirement that my parents aspired to was working until 65, getting a pension and playing

golf. That was the ideal. But in reality, that only existed for a short time in this country. Before that, people worked much longer. Now, we're working longer again and most of us are living

longer than previous generations. So, even if you are lucky enough to retire at 60, you might be in good shape for another 20 years. What are you going to do with that time?

MTA New York City Transit

- COMPREHENSIVE MEDICAL PLAN • PENSION PLAN • PAID HOLIDAYS/VACATIONS
- PROMOTIONAL OPPORTUNITIES • FREE NYC TRANSIT TRANSPORTATION PASS

TRACK EQUIPMENT MAINTAINER (Heavy Equipment Mechanic)

EXAM NO. 3605 **FILING DATES:** January 2, 2013 - February 26, 2013 **APPLICATION FEE:** \$68.00 (non-refundable)

SALARY: \$29.37 per hour for a 40-hour week, increasing to \$31.8725 in the fourth year of service.

JOB DESCRIPTION: Maintain and repair electromechanical, electronic, hydraulic, and pneumatic equipment used in the construction, maintenance and repair of railroad track in New York City Transit's subway system.

EDUCATION & EXPERIENCE REQUIREMENTS: By the last day of the application period you must meet one of the following requirements:

1. Three years of full-time experience as a journeyman/journeywoman mechanic (i.e., fully trained, proficient, knowledgeable, experienced, and competent) in the testing, operation, maintenance, alteration, and repair of the mechanical, electrical, hydraulic, and pneumatic components and systems of (A) Heavy equipment of the type used in construction or the maintenance and repair of track, such as pneumatic and hydraulic compressors, drills, pile drivers, payloaders, earthmovers, tractors, and conveyors, including gasoline and diesel engines; or (B) Large transportation vehicles such as trucks, buses, marine vessels, or aircraft; **OR**
 2. Two years of experience as described in "1" above, if such experience has been exclusively with a railroad doing maintenance and repair of track equipment; **OR**
 3. Completion of a four-year full-time apprenticeship in an electro-mechanical trade recognized by the New York State Department of Labor, the U.S. Department of Labor, or any state apprenticeship council which is recognized by the U.S. Department of Labor.
- For the above journey-level experience in "1" or "2" above to be credited, it must be preceded by one of the following:**
- A. Two years of full-time experience as a mechanic's helper, apprentice or trainee performing or assisting in the work described above; **OR**
 - B. Graduation from a recognized trade school or technical school approved by a state's Department of Education or comparable agency, with a major course of study in a mechanical or electrical trade, or a closely related field, totaling 600 hours; **OR**
 - C. Graduation from a vocational high school with a major course of study in a mechanical or electrical trade or a closely related field. This school must be approved by a state's Department of Education or comparable agency; **OR**
 - D. An A.A.S. degree or higher in electromechanical, electrical or electronic technology, or a closely related field, from an accredited college or university, accredited by regional, national, professional or specialized agencies recognized as accrediting bodies by the U.S. Secretary of Education and by the Council for Higher Education Accreditation (CHEA).

CAREFULLY READ THE NOTICE OF EXAMINATION (NOE) BEFORE APPLYING. THE NOE CONTAINS ALL EXPERIENCE AND EDUCATION REQUIREMENTS INCLUDING DRIVER'S LICENSE INFORMATION.

TO OBTAIN NOE & FILING PACKAGE:

- Visit <http://www.mta.info/nyc/hr/appexam.htm> OR
- In person, pick up the application package at MTA NYCT, Exam Information Center, 180 Livingston Street (Lobby), Brooklyn, NY 11201. Monday through Friday (Except Holidays), 9 AM to 3 PM.

Call the Exam Information Hotline for more information: (718) 566-JOBS (5627)

MTA New York City Transit



Follow us on: Twitter.com/NYCTSubwayScoop
Facebook: MTA New York City Transit

www.mta.info/nyc/ EOE M/F/D/V



Open your own restaurant
Cook in the hottest kitchens
Start the bakery of your dreams

FEED YOUR PASSION WITH A NEW CAREER



6-13 month award-winning
career training programs

Real world experience
through externship

85% of graduates who
want a job, get a job*

Flexible morning, afternoon,
evening & weekend classes

Culinary Arts, Pastry & Baking Arts, Culinary Management, Hospitality Management

iceculinary.com/METRO | (888) 241 - CHEF

*2009-2011 ACCSC (accrediting) annual report employment rate is 83% of 1,728 students available for employment over the last 3 years' range. The remaining 17% includes students who were employed in an unrelated occupation, unemployed, and whose whereabouts were unknown to ICE at the time of filing. For individual program completion and placement rates, please see that program's "Annual Employment Disclosure" information.



TUITION FREE!! GREEN JOB TRAINING WITH CAREER ADVANCEMENT COACHING

COMMERCIAL DRIVERS LICENSE, Class B with
HAZMAT ENDORSEMENT
ENVIRONMENTAL RESPONSE & REMEDIATION
PEST CONTROL TECHNICIAN

Orientations are every Wednesday, Thursday, Friday at 10am

790 Broadway, 2nd Fl.
Brooklyn, NY 11206

Ready to Take the Next Step?

Contact us @ 718.302.2057 Ext.281

ST. NICKS ALLIANCE WORKFORCE DEVELOPMENT
www.stnicksalliance.org

Come join the "LI Best Home Care Team"
HIGHEST PAY IN NASSAU COUNTY

• HHAs • PCAs

Immediate Work

Call (516) 227-3400

60 Hempstead Ave, Suite 215,
W. Hempstead, NY 11552 EOE

\$600
Sign-On
BONUS
Live-In Aides
in Nassau
County
Personal-Touch
...the people with a heart!

stern+
associates
Public Relations • Marketing • Digital

TIRED OF THE LONG COMMUTE?



MAKE A MOVE THAT MATTERS

Are you passionate about the media?
Do you have business-to-business
public relations or marketing
experience? In search of a new career
opportunity – without a hectic
commute to the city?

You could be the right match for our
high-profile roster of business-to-
business thought leadership clients
and our collaborative team.

Visit us online to learn more!



Best Place to Work



Career Growth



Comprehensive Benefits



Work/Life Balance

11 Commerce Drive | Cranford, NJ 07016
www.sternassociates.com/newcareer

www.facebook.com/sternassociates www.twitter.com/sternassociates



How to make working from home work for you

Make to-do lists

It works for your errands,
so why not for your work
tasks? Writing yourself
daily to-do lists will help
keep track of your
progress throughout the
day. Keeping a daily tally
of your projects and
work items will also en-
sure that you don't
spend your work day flip-
ping through family
photo albums, because it
will give you a series of
deadlines.

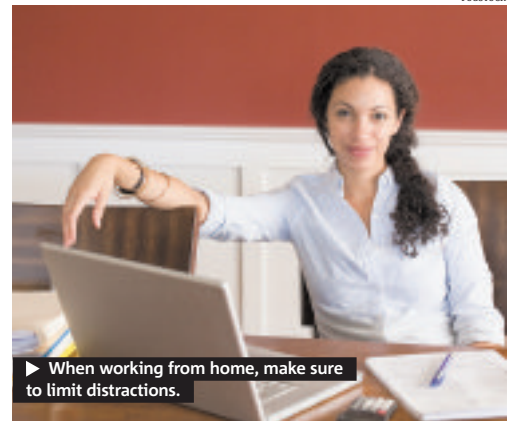
As a kid, most peo-
ple dream of work-
ing in a big corner
office with one of
those leather chairs that
swivels around and a secre-
tary outside the door,
ready to help at the buzz of
a buzzer.

Not everyone. Some
people dream of being able
to earn a living without
having to change out of
their pajamas, working
from home. But when they
get the chance to make the
couch into an office, trad-
ing in work shoes for
house slippers can also
mean trading in productiv-
ity.

At home, workers are
surrounded by distractions.
Everything from a
fully stocked fridge to day-
time television could pull
you away from the laptop.
Soon, you may be working
12-hour days just to get
everything finished.

More than one in five
university-graduate em-
ployees work at home as
the trend of shifting work
from the office to the rec
room continues to climb.

If that's you, here are
some tips for ensuring that
a change in venue doesn't
change your level of pro-



► When working from home, make sure
to limit distractions.

ductivity:

Create your own workday

If you typically subscribe
to the 9-to-5 work day,
don't let your fluffy com-
forter and big-screen TV
distract you into a new

routine. Creating and
maintaining a regular
work day, with scheduled
hours that are devoted to
your work and nothing
else, will help ensure that
you are still productive.

Make sure anyone shar-
ing your space knows your
schedule and doesn't bo-
ther you while you work. Try
to build as much of a sepa-
ration from home and
work activities as possible
to guarantee that they
both get done.

Act like you're in the office

When working at home,
the lack of supervision can
lead to a lack of self-disci-
pline. If checking Facebook
once becomes a stalk-fest
of your high school ex-
boyfriend and his weird
new car, it has gone too far.
According to human re-
sources expert Michael
Timmes, people have to be
careful using social media
when working from home.
Posting about doing er-
rands during the workday
may make others think
that you aren't getting
your work done. You have
to be conscious of what
you're posting online and
when.

Finally, don't forget to
keep a professional tone in
e-mails and on phone calls,
even if you're lounging on
the couch in your penguin
pajamas.

Create your own office

To avoid getting distracted
by temptations around
the house, designate an
area as your work space
and treat it like an office.
Make sure it is away from

main common spaces,
with enough privacy to
focus.

A designated work
space will help you get
things done and will make
it easier to leave when
your workday has come to
an end.



SPECIAL KIDS • SPECIAL CARE
SPECIAL REWARDS AT ST. MARY'S



OPEN INTERVIEWS

Mon to Thurs., 10am-2pm

91-31 Queens Blvd,
Suite 201, Elmhurst, NY

St. Mary's Community Care Professionals, Corp., a Licensed
Home Care Services Agency, seeks HHAs & RNs/LPNs to work
in the patient's home! We service children and adults in the 5
boroughs of NYC, Nassau and Suffolk.

HHAs

Must have photo ID, SS card & HHA Certification. Afternoon hours
available. Newly Certified Home Health Aides welcome.

RNs/LPNs

Pediatric experience required. Private duty nursing a plus.

The opportunities are great...the rewards are excellent!

• Flexible Hours • & More

• Call Cheryl or Daphney at 718-819-2724

• Fax: 718-651-3807 • Email: cchambers@stmaryskids.org

Take the R or M train to Woodhaven Blvd Subway station.



St. Mary's Healthcare System for Children

Extraordinary children, extraordinary care.

WWW.STMARYSKIDS.ORG • EOE M/F/D/V/SO

ISHANI NATH FOR

TalentEgg
Building graduate resumes

Talentegg.com is a job
board and online career re-
source for college students
and recent graduates.

Horoscope

♊ Aquarius Jan. 20-Feb. 19. An important lesson you learned from past experience can be effectively applied in handling a testy, current development. Use it!

♋ Pisces Feb. 20-March 20. When it comes to a project or endeavor that you think can be complemented by another person, don't hesitate to team up. Doing so will produce superior results for both of you.

♈ Aries March 21-April 19. Because of your ability to accurately assess your alternatives, your decisions should work out to your ultimate benefit. You can trust your conclusions.

♉ Taurus April 20-May 20. Both small and large opportunities could yield substantial re-

turns, mostly because of your ability to skillfully manage anything that comes your way.

♊ Gemini May 21-June 20. Don't hesitate to assume greater control over a joint involvement that is not working out to your satisfaction, if you believe you can turn things around. Your partner will be pleased.

♋ Cancer June 21-July 22. It might surprise you when others start to confide in you, but they'll only do so when they realize that you're the one who seems to know how to handle all kinds of problems.

♌ Leo July 23-Aug. 22. Adopt a hopeful, positive attitude today regarding your newest endeavor and start moving toward it the moment you realize the view over the horizon is beginning to look particularly good.

♍ Virgo Aug. 23-Sept. 22. All the key elements are trending in your favor at this time, making you far more financially fortunate than usual. Ride the wave while it's breaking.

♎ Libra Sept. 23-Oct. 23. Bits and pieces that wouldn't fit together previously could start to come together. When you begin to see the picture, put your plans into action.

♏ Scorpio Oct. 24-Nov. 22. If you go out of your way to ensure that you handle things correctly for another, there's a strong possibility that you'll be asked to participate in something big and successful.

♐ Sagittarius Nov. 23-Dec. 21. Certain people with whom you have a partnership arrangement could start to play vital roles in your affairs. Do everything in your power to keep these alliances agree-

able, because today it might be the latter.

♑ Capricorn Dec. 22-Jan. 19. The chances of fulfilling an ambitious objective are likely to be far greater now than they will be in the future. Don't delay anything that can be accomplished immediately.

BERNICE BEDE OSOL

Solution to weekend's crossword



Across

- 1 Hard facts
- 5 Nintendo hero
- 10 Swiss painter Paul —
- 14 Apply paint
- 15 "Wellaway!"
- 16 String together
- 17 Revise
- 18 Municipal
- 19 Whim
- 20 Set off
- 22 John Wayne genre
- 24 Hayloft
- 25 Actress Penelope —
- 26 Jeweler's measures
- 29 Fancy socks
- 33 Isolated
- 34 Bean used in falafel
- 36 Ms. Thurman
- 37 Kind of vaccine
- 38 Dot on a monitor
- 39 Catch cold
- 40 Nebr. neighbor
- 41 Bulrush or cattail
- 42 Grown-up
- 44 Firedog
- 47 Full moon and half-moon
- 48 Apply gold leaf
- 49 Mouse alert
- 50 False
- 53 Uproars
- 58 Stanford rival
- 59 First P.M. of India
- 61 Accepted
- 62 Might's partner
- 63 Broad smiles
- 64 On vacation
- 65 Environs
- 66 Touch or taste
- 67 Neill and Peckinpah

Down

- 1 Froze over
- 2 Twig juncture
- 3 — accompli
- 4 Hassock
- 5 Colorful squawkers
- 6 Perched
- 7 Rhapsodize
- 8 Here, to monsieur
- 9 Gunfight locale (2 wds.)
- 10 Clumsy
- 11 Milan money of yore
- 12 Bridge bldr.
- 13 Just scrapes by
- 21 Observe
- 23 Leo mo.
- 25 Yielded to pressure
- 26 "The Castle" novelist
- 27 Adventurer —
- Quatermain
- 28 Like a hoop
- 30 Feasts with poi
- 31 Zola's name
- 32 Epsom —
- 34 Villain
- 35 Chop
- 38 Drags out
- 42 Polite cough
- 43 Black Hills region
- 45 Edible lizard
- 46 Unburdened
- 47 Read
- 50 Mountain lion
- 51 Lasting impression
- 52 Journalist — Ducommun
- 53 Add water
- 54 Impressive vases
- 55 Where Keokuk is
- 56 Rich soil
- 57 "The — the limit!"
- 60 Before

E-mail your letters: letters@metro.us

Keep them as brief as possible, preferably under 100 words. Metro reserves the right to edit all letters. Please include your name and contact information.

To advertise — phone: 212-457-7735; email sales: advertising@metro.us

METRO NEW YORK | Editor in Chief: Tony Metcalfe, tony.metcalfe@metro.us | edinchief@metro.us | Managing Editor: Amber Ray, amber.ray@metro.us | City Editor: Allen Houston, allen.houston@metro.us | Sports Editor: Mark Osborne, mark.osborne@metro.us | Books/Parenting/Gossip/Travel Editor: Dorothy Robinson, dorothy.robinson@metro.us | Home/Style/Food Editor: Tina Chadha, tina.chadha@metro.us | Film/Tech/Dating Editor: Heidi Patalano, heidi.patalano@metro.us | Wellbeing/Going Out Editor: Meredith Engel, meredith.engel@metro.us | Music Editor: Pat Healy, pat.healy@metro.us | Careers/Education Editor: Monica Weymouth, monica.weymouth@metro.us | Copy Chief/Theater Editor: Tracie Michelle Murphy, tmichelle.murphy@metro.us

Letters

The Second Amendment not a peaceful one

Many letters to Metro regarding gun control assume that the Founding Fathers intended that guns would be used in a "rational and responsible" manner (i.e., hunting) and not to jeopardize other citizens. This is incorrect. High school civics class teaches that the Second Amendment was deliberately and specifically written so the people could violently overthrow government tyranny (i.e., the British). Read the Second Amendment in full: "A well-regulated militia being necessary to the security of a free state, the right of the people to keep and bear arms shall not be infringed." Hunting isn't mentioned. **DREW BATES, VIA E-MAIL**

Want inaugural tickets? Take out a mortgage

I missed my invitation to attend the Jan. 21 inauguration in Washington. Top-tier donors who have raised millions have packages that include access to the inauguration's parade of exclusive receptions and other events.

Second-tier donors

may attend a candlelight reception at the National Building Museum. This includes a photo reception with the president, Vice President Joe Biden and their wives at a cost of up to \$100,000 per ticket. No need to bring your camera!

Late-breaking news for third-tier donors: They can participate in the marked-down, discount "Monroe Package" for only \$7,500.

Will any of these participants be traveling around town on the Washington Metro subway system with ordinary commuters?

The White House bash on Wall Street with one hand, but continues to be looking for big bucks with the other. President Obama's inaugural committee is still millions of dollars short of their \$50 million fundraising goal. The professional fundraisers who raised \$1 billion to guarantee his reelection continue to solicit contributions from the usual crowd of Wall Street executives along with lobbyists, trial lawyers, real estate developers, Hollywood celebrities, special interest groups, millionaires and the "K" Street Washington Pay-for-Play crowd.

Obama claims to be a friend of the 99 percent, but nothing will change in his second term. He still loves spending time dining and partying with the 1 percent.

LARRY PENNER, VIA E-MAIL

SUDOKU: EASY

		8					1	9
			8	7		4	6	
		9	3	4		5		
				5		1	7	
	1							2
	2	4		8				
		7		6	5	9		
	4	6		3	7			
9	5						7	

Fill in the grid so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

3

In the news

Vick unlikely to join former OC with Jets

Immediately after reports first surfaced former Eagles offensive coordinator Marty Mornhinweg would be taking the same position with the Jets, people began speculating Mike Vick might join him in New York. That's unlikely, according to ESPN. Vick will likely be released, but the network says the two were not "on the best of terms" last season. ● METRO

In the news

**Wright engaged to model Beers**

Just a month after the Mets locked up franchise third baseman David Wright long term, he apparently did the same with his girlfriend.

Wright, 30, told ESPN yesterday he proposed to long-time girlfriend Molly Beers over the holidays.

Beers was present at the announcement of Wright's eight-year, \$138 million contract extension in December.



► Lundqvist was pulled after allowing this, the fourth goal of the evening, to the Penguins.

SCOTT LEVY/NHL/GETTY IMAGES

What went wrong ...

1 Break point
There are few things more deflating in sports than allowing a score just before a break. The Rangers did exactly that, allowing a Matt Niskanen goal just 70 seconds before the first intermission. It gave the Penguins a two-score lead they'd never relinquish.

2 King for a period
There's nothing inherently wrong with pulling Henrik Lundqvist, but let's just say it doesn't look good in the first home game of the season. Lundqvist will get more time to rest this season, but seeing Marty Biron halfway through Game 2 was a shocker. The Rangers are counting on the King in 2013.

3 Slow start
It's just two games, regardless of the abbreviated schedule, but you never want to start a season 0-2. You chalk up an opening night loss to the atmosphere, but there's no excuse for coming out flat in your own home opener. New York gave up a goal to James Neal just 1:48 into the game and two more inside of five minutes to play in the opening period.

● METRO

HOME FRIED

► Rangers drop home opener in ugly fashion ► Second straight loss to start season ► Lundqvist pulled after allowing four goals

The old barn on 33rd Street roared with excitement — and then the game was actually played.

The Rangers' home opener was designed to be a celebration of the franchise's historic past and anticipation of the future. But the present was an ugly, 6-3, loss to the Penguins that left those in

18

Reigning Vezina trophy winner Henrik Lundqvist was pulled in the second period after allowing four goals on just 18 Penguin shots.

attendance offering caustic analysis of the Rangers' job performance.

While the Rangers weren't good, the match was only the second game in as many days following a five-day training camp. It was an exhibition game with real stakes because of the abbreviated nature of the 2013 campaign.

There were breakdowns all over the Garden Sunday, none more significant than Chris Kreider and Stu Bickel allowing Joe Vitale to skate by untouched to set up Tyler Kennedy's go-ahead goal 15:05 into the match.

Denis Gorman
sports@metro.us

Knicks, Nets face off at start of tough trips

The Knicks kick off a "big, big, big stretch" today with a Martin Luther King match-up at the Garden.

Those words came courtesy of Amar'e Stoudemire, who was referring to this afternoon's matchup with Brooklyn, followed by two more Atlantic Division contests on the road at Boston and Philadelphia.

The Knicks haven't played since last Thursday's win over

ON TV TODAY

Knicks vs. Nets
3:30 p.m., MSG/YES

Detroit in London. And while they've had plenty of time off, Stoudemire admitted after practice yesterday that much of the team still felt jet-lagged.

When the Knicks face the Nets today they will be facing the Nets for the first time with P.J.

Carlesimo as head coach.

"They're 10-2 under P.J., so they're doing something right," head coach Mike Woodson told reporters yesterday. "In watching them on tape, they've got a lot of good things."

The Nets are coming off a win against Atlanta on Friday night and face a brutal road trip against the Knicks, Timberwolves, Grizzlies and Rockets this week. ● METRO



JIM MCISAAC/GETTY IMAGES

► The Nets and Knicks play their final head-to-head game of the season. The Knicks lead the series, 2-1.

49ers, Ravens advance to Super Bowl

Some new blood will be injected into this year's Super Bowl.

The Niners and Ravens will meet in Super Bowl XLVII on Feb. 3. Neither team has been to the title game in over a decade.

It also will be a matchup of coaching brothers, as Jon Harbaugh, head coach of the Ravens, faces off with younger brother Jim, the head coach of the Niners.

► 49ers 28, Falcons 24

The Falcons ran out to a big first-half lead for the second straight week.

But there was no last-second field goal to win it against San Francisco.

Matt Ryan and Julio Jones looked like world beaters in the first 15:06, as they teamed up on two touchdown passes in the first quarter plus.

Atlanta led 17-0 with a



► Colin Kaepernick becomes the third Niners QB to go to the Super Bowl after Joe Montana and Steve Young.

Matt Bryant field goal in between the two Jones scores and it looked like they would cruise to victory. But like last week against the Seahawks, Atlanta allowed its opponent back in the game.

The Niners scored two touchdowns to make it 24-14 at the half and then

their vaunted defense kicked in.

The Niners were stopped three times on fourth down in the second half, including on the final two drives of the game.

Frank Gore scored once in the third quarter and once in the fourth to give the 49ers their first trip to

the Super Bowl since 1994.

► Ravens 28, Patriots 13 Ray Lewis's career will end in the Super Bowl. The future Hall of Famer got the better of Tom Brady and the Patriots in a rematch of last year's AFC Championship game.

The contest was a slugfest for most of the first half, but the Ravens separated themselves in the second. After holding a 13-7 lead at the half, the Pats surrendered 21 unanswered points in the second half.

Tight end Dennis Pitta caught a 5-yard pass in the back of the end zone to give the Ravens the initial lead. Joe Flacco threw two more touchdown passes in the fourth quarter to Anquan Boldin.

New England's first three drives of the final quarter ended in a fumble, turnover on downs and interception respectively.

Brady finished with two interceptions, while Flacco had three touchdowns and no picks. ● METRO



GOT SOMETHING TO TELL US?
sports@metro.us

ACNE CLINICAL STUDY

Attention Acne Sufferers Volunteers Needed

- Male or Female • Healthy, ages 14-40
- Minimum of 10 acne lesions on the face
- Not pregnant or lactating
- No sensitivity to light • Free medical exam
- Medical office is on the Upper East Side
- Financial compensation for your enrollment



Enroll at:

www.surveymonkey.com/s/acne2013
or Call (347) 879-0333

ANTI-AGING CLINICAL STUDY

Volunteers Needed

Do you have unwanted facial wrinkles and aging skin?

- Healthy Female, ages 50-65 • Fair skin type
- Facial Aging - wrinkles, age spots, sallowness
- Not currently on prescription facial products or antibiotics
- No Facial Injections or Procedures in last 6 months
- No sensitivity to light • Free medical exam
- Medical office is on the Upper East Side
- Financial compensation for your enrollment



Enroll at:

www.surveymonkey.com/s/wrinkle2013
or Call (347) 879-0333

metro



Medical Research

To place an ad call
Brett Lurman at
212-457-7753 or email
brett.lurman@metro.us

THE CITY UNIVERSITY
OF NEW YORK
138TH & BROADWAY

RESEARCH STUDY

**HAVE YOU SUFFERED A TRAUMA?
DO YOU USE ALCOHOL OR DRUGS TO COPE?**

Free, one on one counseling
An opportunity to receive compensation

RESEARCH TREATMENT STUDY AT THE CITY COLLEGE OF NEW YORK.
INDIVIDUAL THERAPY SESSIONS.
SUPPORTIVE AND CONFIDENTIAL ENVIRONMENT.

Call for a **FREE** evaluation:

212-650-5177

Are you experiencing depression SYMPTOMS?

Have you tried one or more anti-depressant medications that

failed to relieve your symptoms?

If so, please contact us about participating in our **CLINICAL RESEARCH STUDY** of an investigational drug taken with an anti-depressant medication.

QUALIFIED PARTICIPANTS MUST:

- Be 18 to 65 years of age
- Have been experiencing depression symptoms for at least 8 weeks
- Have taken one or more anti-depressant medications that failed to relieve their depression symptoms

QUALIFIED PARTICIPANTS MAY RECEIVE:

- Study-related care and study drug at no cost
- Compensation for time and travel



For more information, call
Medical & Behavioral Health Research, PC 1-888-317-6262

DIALA DANCER

Private/Corp. Parties
Superbowl Parties
Limousine Rides
Atlantic City Trips
Male/Female Dancers

All Acts/All Shows 24/7
Call **800-414-7808**
www.dialadancer.com

DIRECTORY

Legal Services

To place an ad call
Johan Sevennerholm at
212-457-7823 or email
johan.sevennerholm@metro.us

**INJURED?
NEED A LAWYER?
FREE CONSULTATION**

212-571-9200
www.accident-lawyer-ny.com
Feiner & Lavy, P.C., Attorneys at Law
325 Broadway • Suite 401
NY, NY 10007

العلاج المجاني، عواريات، Spangly Attorney Advertisement

Over 60 Years of Experience

DINERMAN BERGAM & DINERMAN

ACCIDENT?

ALL ACCIDENT CASES HANDLED

Car/Bus/Train • Slip/Trip and Fall • Elevator • Real Estate
150 BROADWAY NYC • (212) 267-7575

Free Consultation **ASK FOR MARIA** *Hablamos Español*

GRAND OPENING

EAST VILLAGE

OPEN LATE

917.261.6325
84 E10TH ST. BET 3RD & 4TH

GRAND OPENING

SPA 49

E49th St & 2nd Ave
SWEDISH & SHIATSU • DEEP TISSUE
TABLE SHOWER • BODYPOWER

212-888-4977

GRAND OPENING

Point Me

Asian Bodywork

1st Ave & 115th St
646.896.1957

New Management & Staff

24HRS

SPA Valley

1227TH ST & BROADWAY
212.779.1250

GRAND OPENING

ASIAN BODYCARE

718.777.2889
25-29 ASTORIA BLVD. QUEENS

GRAND OPENING

GENESIS SPA

2327 STEINWAY ST. ASTORIA
718.777.2434

IMPORTANT INFORMATION:

All classified advertising is subject to the terms and conditions of the applicable Metro Classified rate card and to approval and acceptance at Metro U.S. option. Metro U.S. reserves the right to edit, reject, cancel or reclassify an ad, and reserves the right to convert any classified advertising to alternative formats for use and publication in other Metro U.S. publications. It is the advertiser's sole responsibility to check each ad the first day it is published. Metro U.S. assumes no responsibility for any error, for any error or omission in any ad.

metroclassifieds

TO PLACE AN AD CALL 866-900-9473

OR VISIT US AT WWW.METRO.US

Career Training

You CAN do it! Change your life!
Train in the field of Pharmacy Technology A simple phone call can change your life.

866-942-6444
Sanford-Brown Institute
Garden City, NY • New York, NY
Licensed by the New York State Education Department
Programs vary by location
sanfordbrown.edu



Career Training

HEALTHY BABY?

You could help provide info to doctors and expecting parents. Learn to take **ULTRASOUND** images by training in **DIAGNOSTIC MEDICAL • SONOGRAPHY**. You could also help doctors detect injuries and illness! **866-942-6444 • Sanford-Brown Institute**
Garden City, NY • New York, NY • White Plains, NY
Licensed by the New York State Education Department
Programs vary by location
sanfordbrown.edu

Want to work in Healthcare?

Get your copy of the Healthcare Career Guide. Learn about opportunities, and helpful tips to get you started. Call now, to get your copy! **877-409-6333 • Sanford-Brown Institute**
New York, NY • White Plains, NY • Garden City
Licensed by the New York State Education Department
sanfordbrown.edu
Programs vary by campus

ACE INSTITUTE OF TECHNOLOGY

NEW CAREER OPPORTUNITIES

BECOME A

Medical Assistant / Computer Network Admin



Financial Aid is Available if Qualified

www.acecareer.edu

Manhattan **212 695 9700** CLASSES STARTING **CALL NOW**

Queens **718 575 3223**

Make 2013 Your Year! There's Still Time!

SPRING SEMESTER STARTS JAN. 28TH! ENROLL NOW!

Court Reporting (CART & Closed Captioning)
Paralegal • Medical Office Specialist

Call 1-866-362-8824 • nyci.edu

Day & Evening Classes • Degree & Certificate Programs



**NEW YORK
CAREER
INSTITUTE**

**The College of Legal
and Medical Professions.**

11 Park Place, NYC (across from City Hall)

For information about our graduation rates, the median debt of students who completed the program and other information, visit www.nyci.edu

Careers

Now is the time...

You Still Can Obtain Your Associate's Degrees and GED at the same time

Associate's Degrees:

- Accounting
- Business Management
- Office Technology

212-226-7300 CLASSES BEGIN JANUARY 23

NEW CAREER READY PROGRAMS

- Hospitality Management
- Office Specialist/ Security Management
- Customer Service Relationship Management
- Business Interpreting
- Administrative Office Specialist
- Business Accounting Specialist

212-226-7300 Federal & State Financial Aid Available, if You Qualify!

NEW YORK CITY COLLEGE 400 BROADWAY 2FL, NEW YORK, NY 10013
Certificate Programs Info: http://www.nyci.edu/certificates & <http://www.nyci.edu/certificates>

For Sale

Miscellaneous

BOOKS BOUGHT-OLD, USED & RARE
TOP \$\$ FOR YOUR BOOKS.
CALL 718-255-6504

***WE BUY DIABETIC TEST STRIPS ***

Exp Dates 12/2013 & up - Call 888-415-0796
Office Drop Off - 96th St. By Appt
Only: January More Money Sale!

\$\$\$ CASH PAID \$\$\$

Buying Diabetic Test Strips
Nicotine Patches & Gum
All Day Pickup and Drop off
1-646-400-5270

metroclassifieds

TO PLACE AN AD CALL 866-900-9473
OR VISIT US AT WWW.METRO.US

Careers

Now is the time...

You Still Can Obtain Your Associate's Degrees and GED at the same time

Associate's Degrees:

- Accounting
- Business Management
- Office Technology

212-226-7300 CLASSES BEGIN JANUARY 23

NEW CAREER READY PROGRAMS

- Hospitality Management
- Office Specialist/ Security Management
- Customer Service Relationship Management
- Business Interpreting
- Administrative Office Specialist
- Business Accounting Specialist

212-226-7300 Federal & State Financial Aid Available, if You Qualify!

NEW YORK CITY COLLEGE 400 BROADWAY 2FL, NEW YORK, NY 10013
Certificate Programs Info: http://www.nyci.edu/certificates & <http://www.nyci.edu/certificates>

Jobs

Customer Service

LOBBY STAFF NEEDED
START IMMEDIATELY
ALL SHIFTS
NO EXP REQUIRED
UP TO \$17/Hr
BENEFITS
INTERVIEWING ASAP
CALL: 646.998.5980

Healthcare

IMMEDIATE

CNA's & LPN's
With LTC experience needed in **BROOKLYN & QUEENS**
OPEN HOUSE WEEK
MON thru THURS 9am-4pm
BROOKLYN
474 FT HAMILTON PKWY
QUEENS
146-14 5TH AVE
GREAT PAY/HEALTH BNFTS
Bilingual English/Chinese pref'd
For info call 718-534-7400 ext 128
Choykane staffing inc.com

General Help Wanted

Office Assistant Needed
Dynamic/Reliable/Responsible w/ good PC knowledge.
Call 212.869.1432

AA Customer Svc/Gen. Office Help
Growing Co. Immed Hire, No Exp. Will train, Nr. Subway, \$7.40 Wkly Comm +. Call for Appt. 718-850-7688

*****A BETTER CAREER*****
\$12-\$35/hr NO experience needed
MORNING/EVENING/OVERNIGHT
SHIFTS F/T & P/T 1-800-889-7643

*****A BETTER CAREER*****
\$12-\$35/hr NO experience needed
MORNING/EVENING/OVERNIGHT
SHIFTS F/T & P/T 1-800-889-7643

ASSISTANT MANAGER-Warehouse
Macpeth Co. seeks Aggressive Exp'd Individual to run a Distribution Warehouse Facility. Excl Earning Potential for self-motivated career minded individual. Call bhr: 8:30AM-2:30PM, Mon-Fri: 718-894-5960

Customer Contact Openings!!!
Full-Time ONLY/MUST PASS
BCKECK
No EXP Needed/Training Prov
\$30-\$30/wk DOE
Call Danielle: 917-525-2695

General Help Wanted

DENTAL ASSISTANT/Front Desk
For Bronx pediatric dentist. Must be fluent in English and Spanish. Must be proficient in taking x-rays and using computer. Call 718-933-0998

MAINTENANCE / PORTERS
Porters needed for evening & P/T work in the NY area. Excellent communication skills & exp a must. Send resume: ortizc94@gmail.com

Mechanics School Bus
Bklyn Co. needs an experienced diesel mechanics for bus fleet. NYSDOT exp. +, Top pay, health insurance and vacation. Apply in person, Monday to Friday 5015 Bay Parkway Brooklyn, NY, 11220.

OFFICE ASSISTANT - Busy office. 3 yrs exp, excel phone skills, type 50 wpm, QuickBooks, Excel, Email res & salary reqs: danielle@telstarpro.com.

****RETAIL SALES F/T****
Great Cust Svc skills. Busy NYC lingerie shop wknds nec. Sal based on exp. E-mail: seldabro@aol.com

Sales Outside - 20 yr Bklyn Importer Eyed salespeople w/cor to sell to existing dollar stores in NYC. Eam \$40K-\$60K/year. Call: 646-327-1600
Resume to: daniel@telstarpro.com

TUITION-FREE IT TRAINING AND JOB PLACEMENT

A+ & MCTS CERTIFICATION

BRONX & BROOKLYN LOCATIONS

718-991-8400

PER SCHOLAS

www.perscholas.org

718-991-8400

PER SCHOLAS

www.perscholas.org

Healthcare

Security / Law Enforcement

Healthcare

Security / Law Enforcement

LOBBY ATTENDANT / GUARDS

FT/PT, MORNING & evening shifts avail. No felonies, up to \$19.50/hr. Must start asap. Contact 718-772-8318

PROTECTIVE SERVICES

Need a job? Conducting interviews this week only for the largest firms in NYC. Call 1-800-399-9573

SECURITY SUPERVISOR- RETAIL

\$17.00 per hr. FT pos avail in NYC (Must have 2 yrs sup retail exp. Pd Vascillated brnts, Drug Test & Proper Id req'd. Apply in person M-F 9a-2p

US SECURITY ASSOCIATES
1400 BROADWAY SUITE 2312
NEW YORK NY 10018
212-867-7500 EOE

●● AAB Security ●●

Immediate Hire * FT/PT \$8-\$22hr
Corporate Sites/Medical/Retail.

★ CALL 212-563-5022 ★

No Experience-No Problem-Will Train • Start Immediately

A.A.S. SECURITY- NO EXP NEEDED

Will train. All shifts. Up to \$28.23/hr. Call toll free 1-800-770-0925 ext. 1

A BABY STEP TO EARN \$\$\$

FT/PT, 100+ PEOPLE, no exp nec. biannual a+. Up to \$90-\$1,600/wk. Call us now: 347-513-6697

★ A BACK DOOR TO SUCCESS★

Serious applicants only, up to \$22.50/hr. FT/PT. HR# 212-470-5641

A BASIC CAREER IN SECURITY

No experience nec. will train if needed. Up to \$22.50/hr. FT/PT. Interview this week only 347-564-1886

Are you ready for **2013?**

Did you come up with **YOUR NEW YEAR RESOLUTIONS?**

OUR PROFESSIONAL COUNSELORS **CAN HELP!**

Come to us and you will get advice on professional education and best careers of 2013 and how to get better physically and spiritually.

1.877.380.5638 WWW.ASA.EDU

ASA COLLEGE

For required program disclosure information, please visit our website at www.asa.edu/disclosure.asp

Access Careers, Bklyn
25 Elm Pl, #201, Brooklyn, NY-11201

- » Nurse Aide (CNA)
- » Patient Care Tech (PCT)
- » EKG & Phlebotomy
- » Pharmacy Technician
- » Medical Billing & Coding
- » MS Office/ Accounting
- » ESL / CPR
- » Medical Assistant
- » Dental Assistant
- » Computer Programming (C++, Java, .Net)
- » Computer Networking (A+, MCSE, CCNA)
- ♦ Lowest Tuition Fees in the State
- ♦ Financial Aid, Scholarship Available if Qualify
- ♦ Easy Payment Plans
- ♦ Onsite State & National Examination
- ♦ Morning, Evening & Weekend Classes

Call Now: 866-487-5432
(Close to Subway A, C, D, 2, 3, 4, 5, Q, R, G)
www.AccessCareers.Edu | Licensed by the state of New York

JOBS Training @ Access

CNA • Medical Assistant • HHA - Home Health Aide
EKG / PHLE / Pharmacy Tech / ESL / LOANS
CNA Free Training, If Eligible
Bookkeeping • Quality Analyst • Business Analyst
Solar Technician • Advanced Computer Courses

Call 718-263-0750

STUDENT VISAS @ LOW COST
On Queens Blvd Next to E, F Subway Stn. • 8002 Kew Gardens Rd, Queens, NY
www.accessqueens.com

Jobs

Security / Law Enforcement

A BASIC SECURITY JOB
Must be available ASAP. No experience necessary. Up to \$22/hr.
Call 347-447-0403

A BETTER EMPLOYMENT OPPTY
No exp req'd. will train if needed, up to \$22.50/hr. Must be able to start asap. Interviews this wk 718-650-2387

*** Able and Ready Guards ***
W/train, must be able to start asap, up to \$22.50/hr. Call Now! 212-470-426

A BRIGHT SECURITY JOB
Up to \$22.50/hr FT/PT, Pays up to \$22.50/hr. No experience nec. Must be avail ASAP. Call 212-470-429

*** ACCEPTING NEW GUARDS ***
No exp needed. FT/PT, Pays up to \$18.50/hr. Immediate. 347-994-6657

CORP / FRONT DESK AGENT
Must be able to start asap. No exp nec. Will train, up to \$22.50/hr. Call 212-470-6933 or 212-470-8112

FRONT DESK GUARDS
Wall St. location, no exp necessary. Pay up to \$13.25 per hour.
Call Li. Kelly: 347-246-9305

Transportation / Travel

Think big. Think stable.
Think Martin-Brower.

We are the world's largest distributor of products to the world's largest restaurant chain. Our strong, growing organization is seeking:

CDL DRIVERS - CLASS A

The drivers we select will have 2 years tractor-trailer experience. Requirements include a current, valid Class A CDL Driver license; the ability to unload buns at customer sites by hand or with dolly and ramp, and move items frequently weighing up to 85 lbs.; high school diploma or equivalent; and the ability to work any shift & set of days, incl. holidays.

Martin-Brower offers competitive wages & benefits, including component pay with the capacity to earn \$60K/year, insurance, 401(k) and retirement plan, home daily, free uniforms, safety shoe allowance, and onboard computers. Learn more and apply at www.mbrhires.com or call: 1-877-MB-HIRES ext. 101.

Must pass road test, background check, drug test and medical exam. AAP, EEO, M/F/H/V/D, Drug-Free Workplace. Reasonable accommodations may be made to enable individuals with disabilities to perform the essential function of a position.

CDL Class B Drivers & MATRONS:
Must know Brooklyn and Queens. FULL-TIME HIGH PAY.
Call (718) 968-2500 Ext 205

DRIVER

Class B CDL, local deliveries, 50 year established distributor. Apply in person: Norman D. Liffon Co., 315 E. 3rd St., Mt. Vernon, NY

DRIVER Distribution Company
Looking for Driver with truck exp. Warehousing, O/T, All Co. benefits. Call between 9am-2pm. 718-694-980

DRIVERS

Premier Paratransit is seeking Drivers with NY's CDL Class C with Passenger Endorsement.

COME IN FOR APPLICATION
940 Rensselaer Ave. 4th Floor
Mon-Fri 8am-7pm. Sat/Sun 8am-4pm

DRIVERS/TRAINEEES NEEDED
Veterans Welcome
Do you earn less than \$700 per week? STEVENS TRANSPORT is hiring. Immed entry-level openings avail. No CDL? No problem, training avail. Call today 347-770-4235

DRIVERS WANTED Without Cars.
VERY BUSY PARK SLOPE BROOKLYN CAR SERVICE. TLC LICENSE A MUST. Call 917-213-4730

Training

10A of Blue Steel Security. Walk-in. Job Plcmt. 8hr/16hr/Any Comp. Sec/ LP/CR/F-Quantified Des/Off-Armed Gun Lic. Since/ Driving Less. 397 Bridge St. Call 347-463-9015

HOME HEALTH AIDE/CNA TRAINING
NYSED PCA to HHA upgrade. Call 718-323-3030

Home Health Aide Training
Nurses Aide Training
GED Training
School License by NYS Education
Christine Institute
Call: (718) 843-8449

CNA, Dialysis Tech Phlebotomy/EXG

347-625-3200 / FREE BROCHURE
www.manhattaninstitute.com

EXTERMINATION/Termite Certification
NYS cert. 69 days. Jobs/biz/Fin! aid if qual. 24hr 718-205-0557/800-220-5494

HHA/PCA

Flex hours, job placement assistance. 212-265-8320 or 646-419-1478

Pets

Pet Walkers

*** FRENCH BULL DOG PUPPIES ***
Male/Female. Shots, Papers. Lifetime Guarantee. Owner 917-651-0106

German Shepherd Pups Solid White Both parents pure white 1st shots. Health guarantee. Pured with papers \$850 (609) 858-1807

Real Estate/Sale

Homes

2186 Washington Ave Open House Sat & Sun 12-4pm. 3 fam brk renov 3/22 bns, bsmt, sep elec & gas, gar, low dn. Owner 646-431-0105. 718-740-5222

858 E. 215 St. Open House Sat & Sun 12-4pm. brk 2 fam 2/2, 3 bths, fully renov, fin bsmt, driveway, gar, only 3% down. Owner 646-431-0105. 718-740-5222

VAN NEST AREA
2 Fam, Brick, Fully Renov 3 BR Duplex / 2 BR 1+1 Fin Bsmt & Drivwy. Only 3.5% Dn. Owner 917-499-8638

♥ BED STUDY JEFFERSON AVE ♥
Beautiful, new 2 fam, 7 bns, 4 bths, 2 fridges, 2 new kts w/ new appls, fin bsmt, bkwy. Owner 316-779-7649

E NEW YORK 2 FAMILY Semi-det 40 Br's, fin bsmt, bkwy, parking. Only \$1200/mo. Owner pays closings cost. Call owner 316-304-6364

Flatbush 6% E. 52 St. Fully renov brk, 5 bns, 3 bths, marble, lg, lr, hwd flrs, fin bsmt, pvt driveway, gar, porch Owner 646-431-0105. 718-740-5222

S.E. ANNANDALE Nr Train/Express Bus & all shops. 3 br, 1.5 ba, den, dk, full bsmt, vd, \$2300/mo. Refs/Crat Kc. No pets/smoking. Owner 646-765-7516

JAMAICA 1 FAM 3 BR'S, 25 BTHS, PVT DRIVY, FULLY RENOV. ASKING \$249K. NO CLOSING COSTS. * OWNER HANNI 646-897-5798 *

★ JAMAICA ★ BEST DEAL! ★
1 FAM 3 BR'S, 25 BTHS, ASKING \$149K. OWNER BILL 718-506-1002

Springfield Gardens ★ 1 fam det brk 3 bns, 2 bths, fin bsmt, pvt drivwy. No closing cost. Asking \$200K. ★ Call Owner India 718-877-9974 ★

Real Estate/Rent

Apartments

Winterhaven, FL Retire near Winterhaven, FL on a fixed to moderate income. Reserved for those 55 & better. Income and other restrictions apply, call Mitch for details. 863-773-3031

GRAMERCY PARK - Spectacular Studio, new w/d floors throughout, euro kitchen, new appls, lots of closets. \$2,795/mo. Owner 516-312-2818

BEDFORD PK ★ Mashulu Pkwy So Nr. Park, Garden, Zoo, Trans. Stu \$825, 1br \$925. Well Maint'd Bldg 1st mo rent free! Agt 718-657-1085

Essex County, New Jersey
APTS FROM \$599!
1 MONTH FREE
973-59-9148 NO FEE
www.HomesGardens.com

Fordham Hill & Yankee Stadium
APTS from \$399
Call Rental Office 646-291-6529
NO FEE RentTheBronx.com

FORDHAM ★ SEDGWICK AVE
Well maintained rent stabilized bldg. 1BR \$950. 1st mo rent free. No Apt. necessary. Call Agent 718-657-1085

HUNTS POINT off Garrison Ave
Well maintained rent stabilized bldg 1st mo rent free 2br \$1,115/mo. 3 br \$1,274/mo. Agt. 718-657-1085

For Rockaway Wavecrest
Apts from \$870 - NO FEE!
Call 646-810-4993
www.RENTWAVECREST.com

★RUGBY★ E. 58th St & Snyder Ave. 1 Block off Kines Hwy, well maintained rent stabl. bldg. 1 BR \$995. 1st 1/2 mo rent free. Agt 718-657-1085.

Williamsburg Spacious Newly Remodeled 1br, 4th floor. Walking distance to Trains Principals only. Call Owner 718-919-5889 for appt

RENT NOW AND SAVE AT PARKCHESTER
BRIGHT • BEAUTIFUL • SPACIOUS
NO BROKER FEE - IMMEDIATE OCCUPANCY

1 BEDROOMS \$985 per mo AS LOW AS
2 BEDROOMS \$1335 per mo AS LOW AS

SPECIAL: ONE HALF MONTH FREE RENT ON 1BR'S
IF YOU SIGN A 2-YEAR LEASE BY JAN 31

Parkchester is a great place to live. We have department stores, shops, supermarkets, medical & dental offices even a movie theatre & our own post office. Walk to subway & express buses (just 30 min to midtown. Street & garage parking. Apply on line today or schedule an appt to see our model apts.

OPEN HOUSE:
TUES & THUR • 5PM-7:45PM
SAT • 10AM-1:45PM
718-412-4696
www.parkchesternyc.com

Apartment Building Rentals

No Fee * No Fee * No Fee

Bronx

Immediate Occupancy (1/2 month's Free) on All Studios

1, 2, 3, Bedrooms

Fully Renovated:

Upgraded Kit / Bathrooms,

Hard Wood Floors, New Appliances, Freshly Painted

(24 hr Approval)

Must Meet Income Requirements

FOR VIEWING PLEASE CONTACT **347-413-2911**

24 hr. Security Surveillance On-Site Superintendent

Apartments

Parkchester/Gr Concourse/Boston Rd 1, 2, 3 BR apts, walk-up bldg. Renov Kt/Bth, nr Trans & School. Sec 8 OK. Owner Roberta 914-632-1230

Pelham Pkwy Cruger Av/Holland Av Studio's & 1 BR's frn \$1050-\$1295. Come in Today! Move Tomorrow! No Bkr Fee, Top Hill RE 718-547-0049

Southern Bronx Locations Immediate Studio, 1, 2 & 3 BR Apts. Newly Renov Units, Lge Open Flr Space. \$822/mo & up. Owner 718-617-2800

BROWNSVILLE: 84 East 94th St. 6 Fam fully renv bldg, 3 bdr all new beautiful. Sec 8 OK. Open Houses. Call 347-875-5511/646/600-2981.

BROWNSVILLE Renov Lg 2Br, EIK, Nr. all. Sec 8 OK, \$1500/mo, H/W Incl. 1mo Rent + Sec. Credit Check req'd. No Pets. Owner 347-570-4044

Crown Hts: Lefferts Av/Washington. Well maint. Rent stabl. bldg. Nr shops / trans. Stu \$1150. 1br \$1425 & up. 1st 1/2 mo. rent free. Agt 718-657-1085

EAST FLATBUSH AVE H & 32nd St 1 brk off Flatbush Nr shops/trans. Stu \$1025. Well maint rent stabl bldg 1st 1/2 mo rent free. Agt 718-657-1085

ENY - Linden off Rogers. Near shops, trans, 2br \$1350. Well maintained rent stabilized bldg 1st mo Rent Free. Call Agent 718-657-1085

ENY - Pennsylvania Ave, Btwn. Interboro Pkwy & Atlantic. Well maintained, rent stabl. bldg. Nr trans. 2br \$1175. 1st. 1/2 mo rent free. Agt 718-657-1085

FLATBUSH EAST 17th off Beverly Rd. Well Maintained Rent Stabilized Bldg. 1 Br \$1225/mo. 1st mo rent free. Agt 718-657-1085

OCEAN HILL PACIFIC ST
Newly Renov 2.5 Bdrm\$1500/mo
1 mo rent + 1 mo sec.
Call Owner bet. 10am-6pm 718-453-2500

JAMAICA: HILLSIDE AVE
2BR \$1325. Hwd flr, renov kit. Rent stabilized garden comp, laundry facility. 1st 1/2 mo rent free Agt 718-657-1085

★ Rosedale/St. Albans ★ Lg 1 br Garden apt complex \$1150, 2 bns 2nd flr \$1300, 3 bns \$1700 1st flr, house rental \$2000. Agent Sonia 347-426-7242

Miscellaneous

*** EAST NEW YORK ***
Furn rm, Share kit & bth w/1 other. 2 wks rent, 2 wks security. \$170/wk. Cable Optional. Owner 646-436-9316

E.N.Y. Nr Brookdale Hosp furn xtra lg lux rm, aptd. Share Dining, Kit & Bth. Cable ready. Util incl. \$200/wk 1 wk rent 2 wk sec. Owner 347-643-9060

E. NEW YORK ★ Avail Now
Unfurn'd Room For Rent. Seeking Responsible Indiv Quiet & Clean Income verif. Owner 347-610-9325

Condos

Bensonhurst- X-Large 2 BR condo with bsmt, mod apt, prks for 2 cars, low maint. Nr trans, shops, parks & schools. \$499K. Owner 347-370-4044

Rooms

Affordable Furnished Rooms in Manhattan

Utilities Included
Same Day Move In
Cable, TV, Internet
No Credit Check
\$125 per week
Call 212-862-0457

100's Available, All Boroughs

Private Entry Bath Cooking
1 Person/2 Person \$125/wk up
room rentals 212-697-3962

All Manhattan/Bronx

Furnished Rooms Available
Today! Cable/Tv/Internet
Inc. Just \$125/wk! Sameday
Move In! Call us now:
(212) 368-2685

metroclassifieds

Legal Notices

NOTICE OF FORMATION
of Netra Technologies of New York LLC. Art. of Org. filed with the Secy. of State of New York (SSNY) on 12/14/2012. Office location: New York County. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: LLC c/o 112 West 34th Street, 17th Fl. New York, NY 10120
Purpose: any lawful activity.

NOTICE OF FORMATION
of Regal Funding of New York, LLC. Art. of Org. filed with the Secy. of State of NY (SSNY) on 11/7/2012. Office location: New York County. SSNY designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: LLC, 14 Penn Plaza, Suite 2004, New York, NY 10001.
Purpose: any lawful activity.

NOTICE IS HEREBY GIVEN
that a license, Number Pending, for Liquor, Wine & Beer has been applied for by the undersigned to sell Liquor, Wine & Beer at retail in a Restaurant under the Alcoholic Beverage Control Law at 1140 Broadway, Store #3, New York, NY 10001, for on-premises consumption. GVI Broadway, LLC.

NOTICE IS HEREBY GIVEN
that a license, Number Pending, for Liquor, Wine & Beer has been applied for by the undersigned to sell Liquor, Wine & Beer at retail in a Restaurant under the Alcoholic Beverage Control Law at 893 6th Ave., New York, NY 10001, for on-premises consumption. Golf & Body NYC LLC.

NOTICE IS HEREBY GIVEN
that a license, Number Pending, for Liquor, Wine & Beer has been applied for by the undersigned to sell Liquor, Wine & Beer at retail in a Restaurant under the Alcoholic Beverage Control Law at 893 6th Ave., New York, NY 10001, for on-premises consumption. Golf & Body NYC LLC.

NOTICE IS HEREBY GIVEN
that a license, Number Pending, for Liquor, Wine & Beer has been applied for by the undersigned to sell Liquor, Wine & Beer at retail in a Restaurant under the Alcoholic Beverage Control Law at 893 6th Ave., New York, NY 10001, for on-premises consumption. Golf & Body NYC LLC.

NOTICE IS HEREBY GIVEN
that a license, Number Pending, for Liquor, Wine & Beer has been applied for by the undersigned to sell Liquor, Wine & Beer at retail in a Restaurant under the Alcoholic Beverage Control Law at 893 6th Ave., New York, NY 10001, for on-premises consumption. Golf & Body NYC LLC.

NOTICE IS HEREBY GIVEN
that a license, Number Pending, for Liquor, Wine & Beer has been applied for by the undersigned to sell Liquor, Wine & Beer at retail in a Restaurant under the Alcoholic Beverage Control Law at 893 6th Ave., New York, NY 10001, for on-premises consumption. Golf & Body NYC LLC.

NOTICE IS HEREBY GIVEN
that a license, Number Pending, for Liquor, Wine & Beer has been applied for by the undersigned to sell Liquor, Wine & Beer at retail in a Restaurant under the Alcoholic Beverage Control Law at 893 6th Ave., New York, NY 10001, for on-premises consumption. Golf & Body NYC LLC.

NOTICE IS HEREBY GIVEN
that a license, Number Pending, for Liquor, Wine & Beer has been applied for by the undersigned to sell Liquor, Wine & Beer at retail in a Restaurant under the Alcoholic Beverage Control Law at 893 6th Ave., New York, NY 10001, for on-premises consumption. Golf & Body NYC LLC.

NOTICE IS HEREBY GIVEN
that a license, Number Pending, for Liquor, Wine & Beer has been applied for by the undersigned to sell Liquor, Wine & Beer at retail in a Restaurant under the Alcoholic Beverage Control Law at 893 6th Ave., New York, NY 10001, for on-premises consumption. Golf & Body NYC LLC.

NOTICE IS HEREBY GIVEN
that a license, Number Pending, for Liquor, Wine & Beer has been applied for by the undersigned to sell Liquor, Wine & Beer at retail in a Restaurant under the Alcoholic Beverage Control Law at 893 6th Ave., New York, NY 10001, for on-premises consumption. Golf & Body NYC LLC.

NOTICE IS HEREBY GIVEN
that a license, Number Pending, for Liquor, Wine & Beer has been applied for by the undersigned to sell Liquor, Wine & Beer at retail in a Restaurant under the Alcoholic Beverage Control Law at 893 6th Ave., New York, NY 10001, for on-premises consumption. Golf & Body NYC LLC.

NOTICE IS HEREBY GIVEN
that a license, Number Pending, for Liquor, Wine & Beer has been applied for by the undersigned to sell Liquor, Wine & Beer at retail in a Restaurant under the Alcoholic Beverage Control Law at 893 6th Ave., New York, NY 10001, for on-premises consumption. Golf & Body NYC LLC.

Legal Notices

NOTICE IS HEREBY GIVEN
that a license, Number Pending, for Liquor, Wine & Beer has been applied for by the undersigned to sell Liquor, Wine & Beer at retail in a Restaurant under the Alcoholic Beverage Control Law at 1140 Broadway, Store #3, New York, NY 10001, for on-premises consumption. GVI Broadway, LLC.

NOTICE IS HEREBY GIVEN
that a license, Number Pending, for Liquor, Wine & Beer has been applied for by the undersigned to sell Liquor, Wine & Beer at retail in a Restaurant under the Alcoholic Beverage Control Law at 1140 Broadway, Store #3, New York, NY 10001, for on-premises consumption. GVI Broadway, LLC.

Services

Psychic

SHEIKH SALEEM

917.254.6647
MYSTICAL AFRICAN MEDIUM & SPIRITUALIST
SOLVES ALL YOUR ISSUES
LOVE SPECIALIST,
REUNITE LOVERS,
BUSINESS,
JOB, COURT,
LUCK,
BLACK MAGIC,
PROTECTION,
IMPTENCY,
IMMIGRATION, ETC.
ENGLISH AND FRENCH
SPEAKING. QUICK RESULTS
www.africanmedium.com

Careers

High School Diploma from Home

6-8 weeks accredited
Get a Diploma! Get a Job!
No computer needed!!
Call 24/7 for free brochure
1-800-264-8330
www.diplomafromhome.com
Benjamin Franklin High School

Miscellaneous

IQ TESTED

THE NEW YORK CITY TEST CENTER
offers for a limited time, free intelligence and personality tests.
Your IQ, personality, aptitude determine your future.
Know them. No obligations.
227 West 46th Street - New York City, NY
Phone: (212) 921-1210
Open 7 days a week from 9:00 am - 10:00 pm
©2007 CSNY. All Rights Reserved. SCIENTOLOGY and SCIENTOMETRIC are trademarks and service marks owned by Religious Technology Center and are used with its permission

SEARCH IT. FIND IT. BUY IT.

metroclassifieds

DO YOU HAVE EVERYTHING YOU NEED TO FIGHT THE FLU?

- ✓ Flu shot
- ✓ Cold and flu medicine
- ✓ Tissues
- ✓ Hand sanitizer
- ✓ Lozenges
- ✓ Lip balm

Find everything you need for the Flu
& more at your local Duane Reade.

DUANEReade[™]
Part of the *Walgreens* family of companies.

Walgreens